

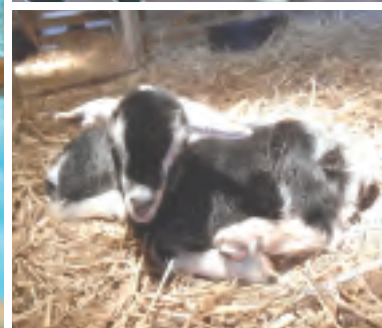
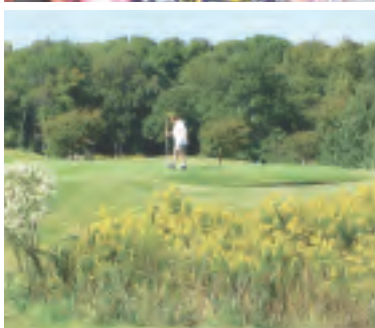
CITY OF HAMPTON PARKS & RECREATION

take one
SPRING & SUMMER 2013
[save until September 2013]

FREE

OUR MISSION To create enriching experiences and beautiful environments for everyone to enjoy.

Happenings



Green's Martial Arts Center *Summer Day Camp*

for ages 6 - 13

June 14 - August 30



Mon. - Fri. 7am - 6pm

For more Information Call:

827-KICK (5425)



Fun

Arts & Crafts

Karate

Fitness



Karate, Trips, Fitness, Water Activities & Lots More!

Hampton Schools (K-8th) After-School Martial Arts Program



Coming 2013 / 2014 School Year

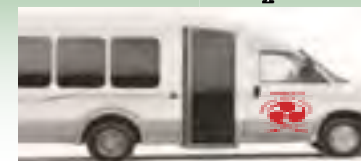
Program Features:

FREE Transportation from Hampton Elementary & Middle Schools
~ Karate Classes ~ Fitness & Study Hall (homework)



This unique program was designed to allow school aged children to participate in a structured activity, complete homework & work on fitness... all before their parents get off from work allowing Quality Family Time.

We Transport



1816-B Todd's Ln. Hampton ~ Call 827-KICK (5425) www.GreensMartialArts.com

FITNESS FOR ALL at Hampton's Community Centers

Community Centers will be noted in program listings by their abbreviations as listed below:

West Hampton Community Center (WHCC) . . 896-4687
Northampton Community Center (NHCC) . . . 825-4805
Old Hampton Community Center (OHCC) . . . 727-1123
North Phoebus Community Center (NPCC) . . 727-1160
Hampton Senior Center (HSC) 727-1601
Fort Monroe Community Center (FMCC) . . . 727-6831

General HPR Memberships
 are \$20/year for adults
 and seniors and \$15/year
 for youth and teens.

Fitness Center Memberships
 are \$15/month
 for ages 8 and up.



The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability.

If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-6348.

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RECHARGE YOUR WORKOUT ROUTINE

Spring is here and what has happened to your New Year's Resolution? Do you even remember what it was? Well let us help you remember at HPR's Fitness Centers and with our Fitness Classes. We offer classes that range from Active Senior "Move it, Groove It", Indoor Cycling, Kettlebells, Zumba and our newest class "Fit Mommy, Fit Me" as well as a full line of cardio machines, free and selectorized weights, and Certified Personal Trainers to assist you reach those resolutions.

The key is to take your normal workout routine and recharge it! Mix up the order by doing cardio last, not first, change the amount of weight you lift, add more repetitions to your sets. Try something out of the ordinary like climbing the Rock Wall at West Hampton or take a Water Fitness class at Old Hampton or the Hampton Aquatics Center, or join a pick-up game of Volleyball or Basketball. Getting out of your comfort zone will not only promote positive changes in your body but positive changes in your spirit. Whatever you choose, make it fun with Hampton Parks & Recreation!

PERSONAL TRAINING can help make your fitness goals reality!

WE CAN:

Take you through your workout session step by step

Administer a fitness test to show and set a baseline to assess your fitness level

Answer any questions you have about nutrition and fitness

*Create a program to meet your goals
 And much more*

PACKAGES INCLUDE

Nutritional Analysis \$20
 Analysis will provide feedback on your diet, how you can improve your diet, and will help you meet your health and fitness goals.

Personal Training Single Session \$30 • 6 Sessions \$140 • 20 Sessions \$440
 Goal setting, introduction to using the equipment and a guided workout, with a Personal Trainer.

Personal Training with Nutrition 6 Sessions \$160 • 20 Sessions \$460
 Fitness testing, goal setting, introduction to using the equipment, and guided workouts with a Personal Trainer, and nutrition assessment.

FOR MORE INFORMATION or to sign up, please call 896-4687. ■ Available at West Hampton & Northampton Community Centers.

BUCKROE FISHING PIER



LOCATION

330 S. Resort Blvd. • Hampton, VA 23664

DIRECTIONS

- From I-64E, take exit 268 toward Ft. Monroe
- Turn left onto S. Mallory St. continue onto N. Mallory St. until you reach Pembroke Ave.
- Turn right onto Pembroke Ave.
- Then turn Right onto 1st St.
- Left on Pt. Comfort
- Right on Resort Blvd.

PARKING

There is a parking lot located right next to the pier with two van accessible parking spaces and three additional handicap accessible spaces.

BUCKROE FISHING PIER HOURS

The pier remains open 24 hours a day, 7 days a week. April 1 – December 31
The only time the pier will close is during extreme weather i.e. Nor’easters, hurricanes etc.

CONTACT US

(757) 727-1486 • gofish@hampton.gov
Check out the Hampton Parks and Recreation’s web page for more information, or call the Buckroe Fishing Pier at 727-1486.

GIFT CERTIFICATES AVAILABLE

They make great gifts!
Available for Monthly or Yearly use.



“NO LIE”, you can actually catch huge fish on the Buckroe Fishing Pier right here in Hampton, Virginia. Come prepared to have fun, to catch fish and to trade tales of the ones that got away. Don’t have gear? No fears, we have everything you could ever want or need to get the job done. We rent rods, reels, tackle and bait. The only thing we can’t do for you is to catch the fish. You can see by the pictures on the “Wall of Fame” at the pier, that the big ones are out there and word has it, they prefer Buckroe Pier fishermen to all others. No need to leave the pier to grab a bite while you’re fishing, we have everything you want right at the Buckroe Fish-

ing Pier snack bar. They serve pizza, hot dogs, barbeque, drinks and more to tide you over until you slap those fish you caught on the grill when you get home. Don’t forget to grab a sweatshirt, hat or tee-shirt at the snack bar, people are going to want to know where you caught all of those whoppers you have in your cooler. Looking for cash or prizes for catching fish? Check out the tournaments and events on this page, you didn’t know you could possibly get something back for smelling like your bait bucket did you? Check us out all year round, we are open until the fish quit biting, April 1st through December 31st, the end of Striper season.

EVENTS/ACTIVITIES

Flounder Tournament

Saturdays, May 26-August • 12am-12am
\$15 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. Prizes given for the biggest fish/doormat
For more information call 727-1486.

Cobia Tournament

Saturdays, May 26-August • 12am-12am
\$25 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. For more information call 727-1486.

Fishing Program for Youth

Wednesdays, year-round



PIER ADMISSION FEES (per 24-hour period)

Adult	\$8
Adult with a valid saltwater fishing license	\$6
Senior (62+); Children (10 & under)	\$6
Non-Fishing Visitor with Fisherman	\$4
Sightseeing Adult	\$1
Sightseeing Child	50¢
Monthly Pass	\$60
Seasonal (April-Oct • When Applicable) ..	\$250



A FANTASTIC **FREE** EVENT FOR ALL AGES!

international children's festival

Saturday, April 20, 2013
Mill Point Park ■ 10am-5pm

[Downtown Hampton]

Experience the SIGHTS, SOUNDS & TASTES of over 35 countries!

What began thirteen years ago as an international festival for children has blossomed into an event for the young and young-at-heart.

Live performances, ethnic foods and expo booths feature something for everyone.

PRESENTING
SPONSOR:



FOR MORE INFORMATION:

www.hampton.gov/parks
727-8311



VOLUNTEERS

A volunteer opportunity is yours for the asking. Parks & Recreation can provide opportunities for men, women, and teens to get connected with their communities. You may volunteer as an individual or work as part of a group and help create healthier communities, encourage citizenship, and improve service delivery. As partners in this effort, we can work to enrich the quality of life for everyone, citywide.

For a list of volunteer opportunities or information, please call 727-1601.

WELCOME

The Hampton Tennis Center welcomes the new Director of Tennis, **Thomas Onoff**. A graduate of Christopher Newport University, Thomas has been a fixture in local tennis for over 20 years. In addition to playing for C.N.U. and many local and state tournaments, Thomas has also been a racquet stringer for many years, including 3 at the U.S. Open. Please come by and meet Thomas and his professional staff anytime, and see what a difference a world-class racquet service can do for your game.

JUNIORS

The Hampton Tennis Center offers programs to fit any junior's age and ability; ranging from first timers to advanced team players. Our instructional staff will work with all players to help make tennis a fun and healthy part of life for years to come. For details about lessons, camps, and play, please call or visit the H.T.C. today.

ADULTS

Are you looking for a competitive match or just a different kind of workout? If so, then the Hampton Tennis Center has what you need. Whether you're picking up a racquet for the first time, or have been playing for 80 years, the H.T.C. has a variety of programs to suit everyone. Please call or visit to get details about our leagues, lessons, tournaments, and social events.

new SEASON PASS

Purchase a season pass now and enjoy unlimited court time, league play, and other great benefits all Spring, Summer, and Fall.

- Individual (includes 1 league) \$125
- Each additional league \$25
- Couple (same household) \$200
- Family (includes children under 18) . . \$225
- Junior (under 18) \$45

HAMPTON TENNIS CENTER

OPEN APRIL 1 - OCTOBER 31

CENTER HOURS: Monday – Thursday 8:30am-Noon & 3:30-9:30pm;
Friday & Saturday 8:30am-Noon • Sunday 3-6pm

Hampton Tennis Center is a full service municipal tennis facility. Employing a Managing Pro, and trained staff to maintain the (7) clay courts in excellent playing condition and to provide playing options to suit your tennis needs.

Our activities range from general court play, organized league play and rated or sanctioned tournament play to custom stringing of your racquet. Call the Hampton Tennis Center to register.

9 Woodland Road ■ 727-1193

EMAIL: tonoff@hampton.gov

PRIVATE LESSONS AVAILABLE BY APPOINTMENT



AM DOUBLES	Mixed	Senior	Doubles	Mon	9-11am
	Ladies		Doubles	Mon	9-11am
	Men's	Senior	Doubles	Tues	9-11am
	Men's	Senior	Doubles	Wed	9-11am
	Ladies	Senior	Doubles	Thurs	9-11am
PM SINGLES	Men's	(3.5)	Singles	Mon	6-7:30pm
	Men's	(4.0)	Singles	Tue	6-7:30pm
	Men's	(4.5)	Singles	Mon	7:30-9pm
	Men's	(5.0)	Singles	Wed	6-7:30pm
	Men's	(5.0)	Singles	Sat	9-12pm
PM DOUBLES	Men's	(3.5-4.0)	Doubles	Wed	6-7:30pm
	Men's	(4.0-4.5)	Doubles	Thur	6-7:30pm
	Mixed	(4.0-4.5)	Doubles	Tue	7:30-9pm
	Mixed	(3.0-3.5)	Doubles	Sun	4-6pm

leagues

COME AND VISIT US AT THE HAMPTONS GOLF COURSE

The season is in full swing and we have a lot to show you. The course is beautiful and in great shape. Come out and see what all the buzz is about. Find out for yourself why The Hamptons Golf Course is the best golf value in the region.

If you are thinking of putting together a golf outing, please give us a call. Our rates are unbeatable and we are committed to the success of your event and your satisfaction.

For more information, give us a call at **766-9148**
or visit our web site www.hampton.gov/thehamptons.

320 Butler Farm Road • Hampton, VA 23666

HAMPTON PARKS & RECREATION ADVISORY BOARD

Meetings are generally held quarterly (Feb, May, Aug, Nov) on the first Wednesday of the month at 6:30pm. Please note these meetings are subject to change without public notification.

For more information, or to be placed on the agenda, please call the Hampton Parks & Recreation administration office at 727-6479.

BOARD MEMBERS:

Mr. Ted Parr, Chair

Mr. H.R. "Fuzzy" Bukovich, Vice-Chair

Mr. Willie Brown

Mr. Jack Pope

Mr. Walter "Bud" Porter

Mr. Robert Shuford

Mr. Donald Van Patten

(updated 3/30/13)

[www.hampton.gov/parks/
administration_advisory_board](http://www.hampton.gov/parks/administration_advisory_board)

REGISTER EARLY!

All classes are filled on a first-come, first-served basis. Each class must draw a minimum number of participants or it will be cancelled.

Program fees must be paid at the time of registration. Unless otherwise noted, full payment serves as your registration. Early registration helps prevent class cancellations.

REFUND/CANCELLATION POLICY

Full refunds will be sent automatically when classes are cancelled due to insufficient registration or when changes in time, day, or location prohibit the registrant's attendance.

■ Since commitments for these services are made prior to the class start date, no refunds are given after the class has met for the first time.

■ If you are unsure of a class and want to attend the first class without registering, call 727-1664 and ask to sample a class.



The Woodlands Golf Course

9 Woodland Road ■ Phone: 727-1195
www.hampton.gov/thewoodlands

Enjoy this sporty 5,900-yard regulation par-69 golf course with bent green grass, Bermuda fairways and roughs, and 52 sand bunkers. The Woodlands has a newly renovated clubhouse with a pro shop catering to both men and women golfers. There is a new full-service restaurant and outdoor patio, featuring a new luncheon menu. A meeting room is available for rent to the public and may be reserved. Fees vary. Open year-round, sunrise to dusk.

Gift certificates are available for golf or merchandise.

The Hamptons Golf Course

320 Butler Farm Road ■ Phone: 766-9148
www.hampton.gov/thehamptons

This course was designed by noted architect Dr. Michael Hurdzan. The Hamptons offers three distinctive nines, each with its own unique qualities. "The Woods" takes you out through tree-lined fairways punctuated by well-bunkered greens. "The Lakes" is perhaps the most scenic of the three nines, and the most challenging. Those beautiful lakes come into play on five of the nine holes. "The Links" nine has Scottish-style mounding pot bunkers and windswept ornamental grasses, dappled with a colorful array of wildflowers. Add to this a large putting green and practice range and the package is complete. Open year-round, sunrise to dusk.



AQUATICS

**OLD HAMPTON
COMMUNITY CENTER (OHCC)**
201 Lincoln Street
(757) 727-1665

HAMPTON AQUATICS CENTER (HAC)
300 Butler Farm Rd.
(located next to the Hamptons Golf Course)
(757) 728-5485

SPLASHING SUMMER FUN!

Let's go swimming! Learn to swim, get fit in the water or just have fun in the pool or at the beaches. Hampton's Parks and Recreation aquatics offer a wide variety of programs for all ages and abilities. Programs offered at the indoor pools year-round include aquatic exercise, swim lessons for infants, preschoolers, youth and adults, private lessons, lap/open swim, special events and more. It's affordable fun and recreation for the whole family. If we don't offer what you want... let us know!

Your water exploration can begin at any one of our 25 meter pools at the Old Hampton Community Center, or the Hampton Aquatic Center, which also features a whirlpool and two cedar saunas. Programs designed for the Fort Monroe Community Center Pool were not finalized in time for this publication, so call 727-1603 to check for any updates. Otherwise **splash** on over and jump on in for some aquatic excitement.

General Swims

Information, Swim Times & Fees for Pool Locations

You must obtain a Hampton Parks & Recreation ID card in order to be admitted into any general swim session. Without the HPRD ID card there is an additional \$2 with each visit (limit 2 visits).

Schedule subject to change for seasonal programs.

*Group Usage: Please call ahead to inquire or schedule a group to assure there is space in the desired session. Pool capacity is 100.

GENERAL SWIM	DAYS	LOCATION	TIMES
Lap Swim (only)	Tues & Thurs (3/1-6/16)	HAC	10am-Noon
	Mon-Wed-Fri (3/1-6/16)	OHCC	10am-Noon
	Tues & Thurs (6/17-9/2)	HAC	9-10am
	Mon-Wed-Fri (6/17-9/2)	OHCC	Noon-1pm
Open/Lap	Tues & Thurs (3/1-6/16)	HAC	Noon-4pm
	Mon-Wed & Fri (3/1-6/16)	OHCC	Noon-4pm
	Saturdays (3/1-9/2)	HAC	Noon-4pm
Open Swim	Tues & Thurs (6/17-9/2)	HAC	2:30-4pm
	Mon-Wed-Fri (6/17-9/2)	OHCC	1-4pm
Family Swim	Tues & Thurs (March-September)	HAC	7-7:45pm
	Mon-Wed-Fri (March-September)	OHCC	6-6:45pm

Daily Pass Rates: Adults \$1.50; Seniors \$1; Youths/Teens \$1

Monthly Pass: \$10/month (unlimited access during open swim times for each calendar month)

Punch Passes (valid for 20 pool visits): Adults \$25; Youth & Seniors \$15

YOUTH PROGRAMS LEVEL DESCRIPTIONS

LEVEL I: Water Exploration

Children are given tasks that help them become more comfortable in and around the water. Skills taught are submersion, breath control, floating, and water entry. Front crawl stroke introduced.

LEVEL II: Primary Skills

This level progresses to floating unsupported, rhythmic breathing, the flutter kick, and locomotion of arms for front and back crawl strokes.

LEVEL III: Stroke Readiness

At this level all strokes from previous levels are refined and combined with other skills. Skills taught are turns, bobbing, retrieval of objects from the deep water, and diving. Elementary backstroke introduced.

LEVEL IV: Stroke Development

All strokes are developed with the introduction of diving from a standing position, treading water, and rotary breathing. Breaststroke and sidestroke are introduced.

● Infant and Toddler Programs

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIME	FEE
Aquababy (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (4 classes/session) <i>Session 1:</i> 4/6-27 <i>Session 4:</i> 8/3-24 <i>Session 2:</i> 6/8-29 <i>Session 5:</i> 9/21-10/12 <i>Session 3:</i> 7/6-27 <i>Session 6:</i> 10/26-11/16	6 mos.-2 yrs. Parents help children with water adjustment, submerging and bubble blowing.	Sat. 9-9:30am	\$20
Pre-beginners (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (8 classes/session) <i>Session 1:</i> 3/30-5/18 <i>Session 3*</i> : 8/3-24 <i>Session 2:</i> 6/8-7/27	3-5 yrs. Children who are ready for water exploration, primarily safety and beginner crawl stroke.	Sat. 9:30-10am \$20* (4 classes in session 3)	\$40

● Youth Programs — All participants must be 6+ years old and 4' tall. See LEVEL descriptions in left column.

CLASS & LOCATION(S)	DAY	SESSIONS	TIME	FEE
Level I & III (participant # min 6/max 12)	Saturdays Only (HAC)	<i>Session 1:</i> 3/30-5/18; <i>Session 2:</i> 6/8-7/27 <i>Session 3:</i> 8/3-24	10:15-11am	\$40 (8 classes/session)
	Mon & Wed (OHCC)	<i>Session 1:</i> 4/1-24; <i>Session 2:</i> 6/10-7/3 <i>Session 3:</i> 7/8-31; <i>Session 4:</i> 8/5-28 <i>Session 5:</i> 9/16-10/9; <i>Session 6:</i> 10/14-11/6	5-5:45pm	\$40 (8 classes/session)
Level II & IV (participant # min 6/max 12)	Saturdays Only (HAC)	<i>Session 1:</i> 3/30-5/18; <i>Session 2:</i> 6/8-7/27 <i>Session 3:</i> 8/3-24	11-11:45am	\$40 (8 classes/session)
	Tues & Thurs (HAC)	<i>Session 1:</i> 4/2-25; <i>Session 2:</i> 6/4-7/2 <i>Session 3:</i> 7/9-8/1; <i>Session 4:</i> 8/6-29 <i>Session 5:</i> 9/17-10/10; <i>Session 6:</i> 10/15-11/7	5-5:45pm	\$40 (8 classes/session)

● **Adult / Seniors Programs** — For more information, call **727-1123**

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIMES	MONTHLY FEE / 3 MONTH FEE
Aquafit (participant # min 6/max 25)	Monthly except May, Dec	Low Impact, cardio	MWF • 8-8:45am @ OHCC	Adult: \$24/\$72 • Seniors: \$21/\$63
			Tues & Thurs • 8-8:45am @ HAC	Adult: \$16/\$72 • Seniors: \$14/\$63
Stretch & Tone (participant # min 6/max 25)	Monthly except May, Dec	Low Impact, cardio	Tues & Thurs • 6-6:45pm @ HAC MWF • 9-9:45am @ OHCC	Adults: \$16/\$72 • Seniors: \$14/\$63
Deep Water (participant # min 6/max 25)	Monthly except May, Dec	No Impact, cardio	MWF • 9-9:45am @ OHCC	Adult: \$24/\$72 • Seniors: \$21/\$63
Adult Swim Lesson (participant # min 6/max 15)	Monthly except May, Dec	Beginners-Advanced	Mon & Wed • 7-7:45pm @ OHCC	Adult: \$16/\$72 • Seniors: \$14/\$63
Water Therapy (participant # min 6/max 25)	Monthly except May, Dec	No Impact	Tues & Thurs • Noon-12:45pm @ HAC	Adult: \$16/\$72 Seniors: \$14/\$63
Lunch Time Liquid Cardio (participant # min 6/max 25)	Monthly except May, Dec	Low Impact	Mon & Wed • Noon-12:45pm @ OHCC	Adult: \$16/\$72 Seniors: \$14/\$63



AQUATIC SPECIALS AND ENRICHMENT

PROGRAM/EVENT	DAY/DATE & TIME	LOCATION	FEE
Swim and Play Safe for Scouts			
Girl Scout Day	Saturday, June 22 • 11am-2pm	OHCC	\$1
Boy Scout Day	Saturday, July 13 • 11am-2pm	OHCC	\$1
Come on Scouts! Let's find out how to stay safe in and around the water and have some splashing, wading, and paddling fun at the same time. It could be badge worthy and it will be a great treat for a hot summer day.			
Under The Sea Swim Bash	Saturdays, June 29 & Aug 24 • 7-10pm	HAC	\$1
Beat the heat perfect family fun. Dad, Mom, grab the younglings and head to the pool for a few hours of cool water fun. Balls, balloons, rings other water things will be in the hunt down under. All ages. Ask us about our family rate.			
Water Derby Day at the Pool for Teens	Saturday, July 20 • 7-11pm	HAC	\$1
Pools are awesome! What could be better than a dip in the pool fun in the summertime? Teams and individuals can compete for the big win in nickel toss, sponge relay, water limbo or bucket relay. How about cooling off in the "Ice Cube and Piggie" duration contest. You'll have to be here. We'll be looking for a crowd. Call now and let us know you're game. Ages 14-17			
Teen Overboard Pool Fun Night	Saturday, August 2 • 7-11pm	HAC	\$1
Just for our teenagers! Get wet and wild at this creative, energetic and fun filled evening in the water playing balloon games, sporting games, water relays and more. Bring your friends and buddies. For ages 14-17.			
Performance Stroke Clinic	Monday-Friday, August 26-30 • 5-6pm	OHCC	\$30
The Performance Stroke Clinics is offered as a chance to devote time and focus on the particular aspect of competitive swimming. Skill development includes training on starts and turns, stroke technique of butterfly, backstroke, breaststroke and freestyle and the principles of body form, kicking and fitness. Students must be able to swim one lap of freestyle unassisted and have a basic concept of the other strokes listed. So come learn to be a better competitor in this enjoyable atmosphere.			

“SPRING IS NATURE’S WAY OF SAYING, ‘LET’S PARTY!’”
—Robin Williams

“SUMMER AFTERNOON—
SUMMER AFTERNOON;
TO ME THOSE HAVE
ALWAYS BEEN
THE TWO MOST
BEAUTIFUL WORDS
IN THE ENGLISH
LANGUAGE.”
—Henry James



4th Annual Buckroe Beach
Arts in the Park
festival
May 18, 2013 • 10am-6pm
Buckroe Beach Park

Juried Art Show
Live Local Music
Kids Activities
Food Vendors

[rain date 05/19]

2013 artwork
by Paige Possehl

Interested Artists Vendors Volunteers contact
beverlycrandell@hotmail.com or (757) 851-4560

Follow this event on Facebook

Sponsored By The Buckroe Improvement League



SPLASH! Into Summer Fun

Join the Willow Oaks Pool

- Large main pool with lap lanes
- Diving board
- Separate toddler pool
- Large deck with barbecue area
- Refreshing concessions
- Great neighborhood functions
(Teen Pool Party and Hawaiian Luau)



Join before April 30th to take advantage of our Early Bird Pool Membership Discount! Details and rates for Willow Oaks residents and non-residents can be found at www.willowoaks.org.

The Stingrays, our recreational competitive swim team, is a great way for our young members to make friends, keep fit and discover team spirit. Plus, it's fun!



Benefits of Pool Membership

- Two pools to enjoy all summer long
- Register by April 30th and SAVE!
- Pay online at www.willowoaks.org
- Enjoy Willow Oaks sponsored events
- The Willow Oaks Swim Team

Hampton Bay Days

Friday, September 6 ♦ Noon-11pm
Saturday, September 7 ♦ 10am-11pm
Sunday, September 8 ♦ Noon-6pm

Fireworks Show ♦ Hampton Bay Days 8k ♦ Entertainment
Bay Education & Children's Areas ♦ Tidewater Dock Dogs
Foods ♦ Community Lane ♦ Fine Arts Area ♦ Visual Arts

For more information and detailed stage schedules:
www.baydays.com



WILLOW OAKS

236-1/2 Beauregard Heights • Hampton, VA 23669

www.willowoaks.org



Questions about membership? Contact Melissa at willow.oaks.org@gmail.com.

BARK PARKS

SANDY BOTTOM BARK PARK 1255 Big Bethel Rd ■ **RIDGWAY BARK PARK** 85 E. Mercury Blvd

“THE ONLY CREATURES
THAT ARE EVOLVED ENOUGH
TO CONVEY PURE LOVE
ARE DOGS AND INFANTS.”

—Johnny Depp



Hampton Dog Parks are public parks designated and built specifically for you and your dog to socialize and exercise safely and off-leash. Hampton boasts 2 fenced, off-leash dog parks with a variety of amenities. Annual membership is \$10 (\$5 for each additional dog) and includes access to both Sandy Bottom and Ridgway Bark Parks. Dogs must be at least 4 months old, have current proof of registration and paperwork showing up to date Rabies, Parvo, Distemper and Bordetella.

Visit Hampton Bark Parks Year Round

Registration is available at
Parks and Recreation on the 5th floor
of Hampton City Hall, 22 Lincoln Street

Nature Center at Sandy Bottom Nature Park

For more information call 727-8311 or go to
www.hampton.gov/parks/bark-park

■ **Visit the Vet** - A visit to the vet for a spring or early summer check-up is a must. Make sure your pet gets tested for heartworms. Ask your doctor to recommend a safe flea and tick control program.

■ **Made in the Shade** - Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them and keep them indoors when it's extremely hot.

■ **No Parking** - Never leave your animals alone in a parked vehicle. On a hot day a parked car becomes a furnace in not time, even with the window open. This could lead to fatal heat stroke.

■ **Know the Warning Signs** - Symptoms of overheating in pets include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. They can also have seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees. Animals with flat faces like pugs and English Bull Dogs are more susceptible to heat stroke since they cannot pant as effectively. These pets along with the elderly, the overweight and those with heart or lung diseases should be kept cool in air-conditioned rooms as much as possible.

HOT WEATHER TIPS



“I WANT
TO GO
TO THE
BARK
PARK.”

—Marley

SANDY BOTTOM NATURE PARK

1255 Big Bethel Road
Hampton, VA 23666
Phone 825-4657 ■ Fax # 757-825-4658
E-mail sbottom@hampton.gov.
www.hampton.gov/sandybottom

This 456-acre environmental education and wildlife management facility offers a Nature Center with animal exhibits, conference and classroom, library, hiking trails, fishing, jon boats, paddle boats, canoes, educational programs, nature videos, wildlife education area, picnic shelters, playground, gardens, amphitheatre, and primitive single and group campsites. Park Rangers on duty year round.

Free admission and parking (rental fees for use of jon boats, paddle boats, and canoes, campsites, reserved picnic shelters, conference and indoor classroom, and some educational programs).

Hours of Operation: Our gates are open every day of the year except Christmas and when snow makes the roads impassable.

Park Hours: Sunrise to Sunset

Nature Center Hours

May-September 9am-6pm, 7 Days a Week
October-April 9am-4:30pm, 7 Days a Week

Friends of Sandy Bottom (FOSB) is a non-profit organization that supports the park and its staff. Together they provide a Nature Park of the highest quality for the entire region. The group meets on the last Thursday of the month at 6pm in the Nature Center at the park. If you would like to be a part of this organization and help preserve this unique bit of nature in the heart of the peninsula, come to one of the meetings. Together, Courtney Worrall and FOSB created Natureadoption. This is when citizens can “adopt” non-releasable wildlife in the park.



Monthly Group Meetings at SBNP

For information on monthly meetings at Sandy Bottom Nature Park of the Gem & Mineral Society of the Virginia Peninsula, the Sierra Club, the Hampton Roads Bird Club, the Hampton Land Conservancy, or the Friends of Sandy Bottom Nature Park, please call 825-4657.

SANDY BOTTOM NATURE PARK

For more information
call 825-4657.



PROGRAM/EVENT	AGE	DAY/DATE & TIME	FEE
Kids Fishing Learn the basics of fishing, the different types of bait and how to bait your own hook. Fishing techniques and secrets to catch a big fish will be taught. An adult MUST accompany all children. Bring your favorite fishing pole or use one of ours. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	3-15	Saturdays, April 6 & September 21 • 10-11am	\$2/child
Night Time Kids Fishing Learn the basics of night time fishing, the different types of bait and how to bait your own hook then get ready to catch Bass, and Catfish in the night. Fishing techniques and secrets to catch a big fish will be taught. An adult MUST accompany all children. Bring your favorite fishing pole or use one of ours. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	3-15	Friday, June 27 • 8-9:30pm	\$2/child
Turtle Painting Come and learn about our native turtles, and afterwards we can help the turtles finger paint, each person will receive a picture painted by the turtles. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	3+	Saturdays, April 20 & July 6 • 11am-Noon	\$2/person
Spiders For Kids!! Are you fascinated by spiders? Do they frighten you? You can learn many interesting facts about spiders and why they are to be welcomed, not feared. Learn about their eating habits, as well as their nesting habits, which will include a game to better understand how they operate. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	8+	Saturday, June 1 • Noon-1pm	\$2/person
Tree ID Join a ranger in a leisurely hike thru our park and find out how to identify our local trees using simple techniques. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	8+	Saturday, June 15 • 9:30-10:30am	\$2/person
Sunday Hayrides Come and join in on the hayride fun, where we will offer 3 separate hayrides for \$2 around our wetlands. Ride will take 20 minutes. Start times are as follows 1-1:20pm, 1:30-1:50pm, and finally 2-2:20pm. Meet at the SBNP Nature Center	All	Sunday, September 22 • 1-2:30pm	\$2/person
Mushroom Guide Lets go out and join a ranger in gathering and identifying mushrooms from different areas around the park, finding out the benefits and also the dangerous side of mushrooms. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.	8+	Saturday, June 8 • 9-11am	\$2/person

PROGRAM/EVENT	AGE	DAY/DATE & TIME	FEE
Scavenger Hunt	All	Saturdays, May 11, Aug 24 • 9:30am-Noon	\$2/person
Come out to Sandy Bottom and have a Scavenger Hunt, you and your family will have to mark off on a park map where you find all the natural objects, first family finished wins. Meet at the SBNP Nature Center.			
Primitive Fire Starting	10+	April 28 • 10-11:30am	\$2/person
Come to Sandy Bottom and participate in learning how to make fire the way the Native Americans did. It includes learning how to gather material to make a fire bundle, collecting wood for the fire and different ways to make fire with friction. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			
Big Fish Tournament	16+	Friday, April 26 • 7-8:45pm	\$10/person
Come fish Crystal Lake in our Biggest Fish Tournament which will be held bi-annually. This tournament will be the first time anglers will be allowed to fish Crystal Lake, so we expect chances for citations, and tired arms from working what should be an active Lake. Prizes will be given for the top 3 contestants. Also contestants must posses a valid Virginia Fresh Water Fishing License. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			
Tepee Builders	8+	Sunday, August 4 • 10-11:30am	\$2/person
Ever made a tepee? Come to Sandy Bottom where you and the Ranger can make your own tepee. This course is one hour long consisting of gathering wood material and constructing a tepee like the Native Americans did. Registration deadline is Friday prior by 3pm.			
Lake Studies	8+	Saturday, May 25 • 9-10:30am	\$2/person
Lets go out and join a ranger in gathering and identifying aquatic life in our lakes. In this program you will learn about the web of life in a fresh water lake. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			
Jr. Rangers	7-12	July 15-19, July 22-26, August 12-16 • 9am-1pm	\$50/person
Come join the staff of Sandy Bottom Nature Park for a week of fun and adventure. Jr. Rangers is a week long day camp for children ages 7 to 12 that teaches many valuable outdoor skills while having tons of fun. Educational classes on local wildlife, wetlands, and pollution will be taught along with outdoor skills such as what to do if lost in the woods, canoeing, fishing, and much more. Registration deadline is 1-week prior by 3pm.			
Overnight Survival Camp	7-14	Friday-Saturday, April 12-13 • 10am Fri-8am Sat	\$15/person
Turn everyday items into useful camping equipment. Helping to recycle things that would normally be going into the garbage and make it usable. Registration deadline is 2-days prior by 3pm.			
Archery	9-16	Saturday, September 28 • 11am-1pm	\$10/person
Learn how to shoot arrows accurately with help from a few of Sandy Bottoms archers, then we will have a accuracy competition to see who is the Robin Hood of the group. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			
Meet the Animals	All	Saturday, October April 13, May 4 • 1-2pm	\$2/person
Join a Park Ranger for a leisurely nature hike. Start out in the Nature Center to learn the history of Sandy Bottom Nature Park and look at our critters, then hike to our wildlife education area to learn and view our native non-releasable wildlife. Registration deadline is Friday prior by 3pm. Meet at the SBNP Nature Center.			
Insect Hunt	8+	Saturday, June 8 • 9-10:30am	\$2/person
Lets go out and join a ranger in gathering and identifying multiple species of insects from different areas around the park, finding out the benefits and also the dangerous side of insects. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			
Moonlight Canoeing Guide	8+	Friday, May 24 • 7:30-8:45pm	\$5/person
Join a Park Ranger for a leisurely paddle in Crystal Lake. Start out in the Nature Center to learn the history of Sandy Bottom Nature Park and look at our critters, then hike to Crystal Lake to learn about and view our native wildlife species. Registration deadline is 1-day prior by 3pm. Meet at the SBNP Nature Center.			

Hampton Parks and Recreation
would like to thank you for your sponsorship and support:

BayPort Credit Union
Capital Remodeling
Chick Fil A (Coliseum Drive)
Hampton Citizen's Unity Commission
Hampton Visitor and Convention Center

Kids Directory
Jeff's Flowers, Of Course!
Old Point National Bank
Peninsula Networking Exchange Club
POMOCO Nissan

Sister Cities of Hampton
Tidewater Parent
Wynne Ford and Wynne Volvo

thank you!

new

RANGER WAY 5K

Saturday, September 14 • 6-7pm

Ages: 8+

Entry Fee: \$15/person

Come attend our first bi-annual 5K here at Sandy Bottom Nature Park, the event will be held in the late evening hours and there will be several age group classes as well as female, and male classes. The top three in each group will receive a prize, as well as the top three overall. All contestants will receive a consolation prize. Registration is ongoing. Meet at the SBNP Nature Center.



BLUEBIRD GAP FARM

60 Pine Chapel Road
Hampton, VA 23666
Phone 825-4750 ■ Fax# 825-4739
E-mail bluebird@hampton.gov
www.hampton.gov/bbgf

The farm offers an exciting, family-oriented adventure and educational experience rarely seen in an urban environment. This farm has more than 150 domestic and wild animals, including cattle, deer, pigs, emus, alpaca, sulcata tortoise, waterfowl, doves, barnyard fowl, ponies, sheep, goats, llamas, and even peacocks strutting along the walkways.

There are picnic tables under a shelter and many more picnic tables in various locations. Enjoy an antique display barn with vending machines, Hampton Master Gardeners Display Garden and Arboretum, and a large playground with plenty of space for kids to roam. Handicap-accessible restrooms on-site. The azalea nature trail is a beautiful experience in the springtime. Park rangers are on duty year-round.

Free admission and parking.

Hours of Operation:

Open year-round, Wednesday-Sunday, 9am-5pm
(closed on Monday and Tuesday, and major holidays)

BLUEBIRD GAP FARM

Bluebird Gap Farm offers a number of free farm programs for the general public every month. These programs are posted in our monthly Farm Program Guide that is available free in our Antique Barn, or you can view these programs at our website at

www.hampton.gov/bbgf. All of our programs are available on a first come, first served basis. Please call 825-4750 for more information or in case of inclement weather.



PROGRAM/EVENT	AGE	DAY/DATE & TIME	FEE
Bluebird Country Hayride	all ages	Saturdays 3/9, 4/13, 5/11, 6/8, 7/13, 8/10, 9/14 • Noon-2pm	free
Come on down to Bluebird Gap Farm for a good old-fashioned country hayride. We load up behind the Bluebird Amphitheatre Stage and take a leisurely ride in a tractor-drawn hay wagon down the road a ways to the back of the farm around the fishin' pond, thru the woods, and back. Wanna go again? Well just get back in line and ride again iffin you want to. This program runs the 2nd Saturday of each month and is fair-weather dependent. Meet behind the Bluebird Amphitheater			
Pony Pedicures	all ages	Saturdays 3/30, 5/18, 7/6, 8/17, 9/28 • 10:30-11:30am	free
You can trim your finger and toenails but what's a pony to do? Today you can see a demonstration of the art of trimming horse's hooves from our Farrier (horse shoer). Meet at the Livestock Barn.			
Llama Drama Ding Dong	all ages	Wednesdays 4/10 & 4/17 • 10:30-11:30am	free
Wanna see our llamas get their fleece sheared? Join the farm staff at Bluebird Gap Farm to see the staff make a shaggy llama look like a well-coiffed ruminant. Meet at the Livestock Barn.			
Alpaca Whacka-doo	all ages	Wednesdays 4/24 & 5/1 • 10:30-11:30am	free
Wanna see our alpacas get their fleece sheared? Join the farm staff at Bluebird Gap Farm to see the staff make a shaggy alpaca look like a well-coiffed ruminant. Meet at the Livestock Barn.			
The Baa Baa Shop	all ages	Wednesdays 5/8, 5/15, 5/22, 5/29, 6/5 • 10:30-11:30am	free

Did you know that the wool in your sweater once was growing on the back of a sheep? Join the farm staff at Bluebird Gap Farm to watch a sheep's wool being sheared. Meet at the Livestock Barn.



Need Help Raising Money?

Call 826-1277

- Church Groups
- Schools
- Sports Teams
- Non Profit Groups

Chick-fil-A of Coliseum Drive - Your Original Favorite Spot!



friends of the farm

SUPPORT GROUP FOR BLUEBIRD GAP FARM

If you love the outdoors, animals, gardening, hard labor (well maybe some good old fashioned hard work is a better term), then you'll want to come on down to Bluebird Gap Farm and join "Friends of the Farm."

"Friends of the Farm" meet the last Thursday of each month (except November and December) at 7pm at the Sandy Bottom Nature Park Nature Center. New members are always welcome!

Give Jim Seward a call (827-2765) to let him know you want to help out.





FarmDoption Program

Our FarmDoption Program, which is sponsored by the Friends of the Farm, gives you the opportunity to help us take care of the animals and the facility. By sponsoring an animal you will receive a certificate of adoption, a picture of the animal, information on their species as well as a brief history on their life here at the farm. If you are interested in sponsoring one of our animals, please fill out the registration form and mail to the address below. Sponsorship amounts are as low as \$10. \$25 & over gets your name on our plaque; \$250 & over gets lifetime membership. All money collected goes into the care and maintenance of the animals and facility here at Bluebird Gap Farm.

Please note: all animals remain in the care and custody of Bluebird Gap Farm and sponsoring an animal confers no ownership rights.

For more information, please visit our website at www.hampton.gov/bbgf or pickup a brochure at the farm.

HAMPTON MAYOR'S COMMITTEE FOR PEOPLE WITH DISABILITIES

We meet the 2nd Thursday of every month except July and December – in City hall – 8th Floor – City Council Chambers from 3-5pm. Come visit us – we'd love to meet you and have you meet us.

Questions? Call Jeanne at 757-826-0762.

SPONSORSHIP OPPORTUNITIES

Hampton Parks & Recreation is currently seeking sponsors for their upcoming events.

If you would like to donate any items, or sponsor an event please call **727-8314**.

HAMPTON MASTER GARDENERS

Spring Plant Sale

Saturday, May 4 • 9am-2pm • FREE Admission

[Rain Date: Sunday May 5th, 9am-2pm]

Bluebird Gap Farm • 60 Pine Chapel Road • Hampton, Va 23666

We are a non-profit volunteer organization

Email you name to hmptmgplantsale@yahoo.com to be added to our e-mail notification list

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Megan Tierney at the Hampton Cooperative Extension Office, 757-727-1401 or 1-8990828-1120 Monday through Friday during the business hours of 8am-4:30pm to discuss accommodations 5 days prior to event.



“ I THINK THAT
NO MATTER
HOW OLD OR INFIRM
I MAY BECOME,
I WILL ALWAYS PLANT
A LARGE GARDEN
IN THE SPRING.
WHO CAN RESIST
THE FEELINGS
OF HOPE AND JOY
THAT ONE GETS
FROM PARTICIPATING
IN NATURE'S
REBIRTH? ”

—Edward Giobbi

HAMPTON CLEAN CITY COMMISSION

2013 Calendar of Volunteer Activities

STARTING APRIL 1st, nominations open for Yards Are Really Distinctive Showplaces (YARDS) Contest, beautiful yards will be visited and evaluated by volunteers, three Yard of the Month winners April through September. Nominate at <http://www.hampton.gov/hccc/yards.php>; judges training April 22nd, registration required, http://www.hampton.gov/hccc/volunteer_form.php

APRIL 5 • Tour de Trash • 9am-3pm
registration required, register at
http://www.hampton.gov/hccc/vw_form.php

APRIL 13 • Walk Hampton Clean Event
cleanup volunteers needed, registration required,
http://www.hampton.gov/hccc/volunteer_form.php

APRIL 20 • International Children's Festival • Mill Point Park • 10am-5pm
Litter-Free Event volunteers needed, registration required,
http://www.hampton.gov/hccc/volunteer_form.php

MAY 18 • Hampton Environmental Summit • 10am-4pm
more information megank@vt.edu

MAY 18 • Art in the Park, Buckroe Beach
litter-free event volunteers needed, registration required,
http://www.hampton.gov/hccc/volunteer_form.php

JUNE 1 • Clean the Bay Day
cleanup volunteers needed, registration required,
http://www.hampton.gov/hccc/volunteer_form.php

JUNE 21 • Hampton Coliseum Cleanup
cleanup volunteers needed, registration required,
sign up at http://www.hampton.gov/hccc/volunteer_form.php

JULY 19 • Ridgway Park Cleanup
cleanup volunteers needed, registration required,
sign up at http://www.hampton.gov/hccc/volunteer_form.php

AUGUST 23 • War Memorial Stadium Cleanup
cleanup volunteers needed, registration required,
sign up at http://www.hampton.gov/hccc/volunteer_form.php

SEPTEMBER 1-OCTOBER 31 • International Coastal Cleanups
cleanup volunteers and leaders needed, registration required,
sign up at http://www.hampton.gov/hccc/volunteer_form.php

SEPTEMBER 6-8 • Bay Days Litter-Free Event Activities
sign up at http://www.hampton.gov/hccc/volunteer_form.php

SEPTEMBER 11 • Litter Index
sign up at http://www.hampton.gov/hccc/volunteer_form.php



Volunteers are always needed for environmental education endeavors throughout the year.
Please contact hccc@hampton.gov for more information.

For more information about any of these activities,
contact hccc@hampton.gov or 727-1130.

www.hampton.gov/hccc

WYNNE FORD VOLVO'S



6/21 Start the summer off right with the **Rainbow Puppets**. They're bringing their favorite puppets, songs, and stories to share with

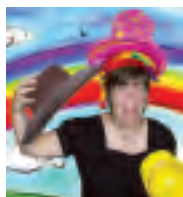


you. Who knows... there might be a singing owl, some dancing blue crabs, an electric eel... and maybe even a giant dinosaur or two.

6/28 Harold Wood will do anything for a laugh... well, Almost anything! He will amaze you with his award winning illusions! Dazzle you with his juggling and unicycle riding! Tickle your fancy with his wit and charm! Because Harold is one Funny, Entertaining Entertainer!! Combining magic, juggling, a unicycle and maybe even a live bunny, Harold's interactive comedy show is not to be missed!



7/5 Via Goode, a member of both the National Storytelling Network and the Virginia Storytelling Alliance since 2009, has been featured in more than 200 performances at preschools, daycares, churches, birthday parties and other special events, as well as performing at The Chrysler Museum of Art's "Tickle My Ears" programs and "Second Saturdays — Family Days" programs.



Whether she's adding a new twist on an old tale, or telling an original story that may soon become a classic, Via mesmerizes her audience, using props, character voices, and songs as she performs the stories (or, as one 4-year-old listener explained, "Mommy, she didn't have any books; she WAS the story!"). This is storytelling the entire family will enjoy!

in the Park

7/12 Donna L. Washington is an author and multiple award-winning storyteller & multicultural folklorist with nine CDs who has been sharing stories



with audiences for over twenty four years. Her amazing vocal pyrotechnics and dynamic physicality make her stories come alive and enthrall and delight audiences from four to one hundred and four. She has been featured at numerous festivals, schools & libraries across the United States and internationally. She is an accomplished author of four children's books with her next one due in 2014.

7/19 C. Shells is the 4-time Parents' Choice Award-Winning musical duo of Cindy Kays and Shelly Potter. With a delightful mix of songs and musical styles, C. Shells will



have children of all ages laughing, smiling and dancing in the aisles. From rock 'n' roll to cajun, waltzes to ragtime, blues to bluegrass, Cindy and Shelly want everyone to have fun at their concerts so be ready for fast-paced, frolicking fun for the entire family!

7/26 The Diggity Dudes play hip music for hip kids and their equally hip parents. A typical set covers everything from pet rocks to disco moves to science experiments to



presidential physical fitness, all delivered via ultra-catchy melodies over funky and danceable grooves. Interactive skits, audience participation and a lighthearted comedic twist are what make a Diggity Dudes show more than a show – it's truly an experience.

Fridays

► 11 am ◀

Bluebird Gap Farm

60 PINE CHAPEL ROAD

Experience the art of storytelling through magic, music, puppetry and prose.

Come early and bring your picnic basket or stay after to greet the animals and enjoy the playground.

Children 'rock' at Bluebird Gap Farm!



RAIN SITE:
West Hampton Community Center
(1636 Briarfield Road)

[WWW.WYNNEFORD.COM]

www.hampton.gov/parks
(757) 727-8311

HAMPTON HISTORY MUSEUM



120 Old Hampton Lane
Hampton, VA 23669

727-1610
www.hampton.gov/history_museum

HOURS:
Monday-Saturday, 10am-5pm
Sunday, 1-5pm

Adults: \$5, Seniors, Active Military,
Active NASA, Children ages 4-12, \$4;
Under 4, Free; Groups (10 or more),
\$3 each. Group tours can be arranged.

— 2013 CALENDAR OF EVENTS —

APRIL

1 Port Hampton Lecture • 7pm
Valley Thunder: The Battle of Newmarket and the Opening of the Shenandoah Valley Campaign, May 1864. Presentation and book signing by curator of the Douglas MacArthur Memorial in Norfolk.

13 2nd Saturday Family Event 10am-2pm
For the Love of Folk Art – get creative while learning about the history of Hampton by making folk art and meeting artists.

17 Lunch in Time • Noon
“Hop’s Place:
On the Road in Hampton Since 1922”
Charles S. Hopkins, President of Hop’s Place shares a nostalgic look back at nearly a century of automotive history at Hop’s, from the golden auto age to the present.

17 Front Porch Music Series • 6-8 pm
Bryan Forrest and Mike Glass
The blending of their guitars and voices bring to life music ranging from The Beatles to D’jango Reinhardt.

25 Oral History • 7 pm
Stories of Fort Monroe
Join us to share memories of military and civilian life, thoughts about why Fort Monroe is a special place, stories about the hotels, beaches and tourists.

28 Hampton First at Point Comfort – Gateway to America • 2pm
This event at the Ft. Monroe gazebo recognizes the Indian inhabitants, European settlers, and enslaved Africans whose cultures shaped Hampton and the nation.

MAY

5&6 Hunt for History Sat. 10am-4pm Sun. Noon-4pm • Enjoy fun family activities, music, performances, workshops, community presentations, living history, genealogical research, crafts, and more! Tell your story to record as part of our Oral History Project.

6 Port Hampton Lecture • 7pm
Saving the Last Hampton Trolley
Hear of the rescue efforts and upcoming restoration of a fascinating piece of Hampton history.

11 2nd Saturday Family Event 10am-2pm
Crabtown – Recall the importance of the seafood industry in Hampton with family activities and games.

15 Lunch in Time • Noon
“The Amazing Sears Homes of Hampton” program by architectural historian Rosemary Thornton.

15 Front Porch Music Series • 6-8pm
Charles Darden Trio
Enjoy American jazz classics, blues, and swing music.

23 Oral History, 7pm
The Crab Ladies:
Inside the Crab Factory
Join us for tales from the frontlines of Hampton’s seafood industry.

31 Steampunk: Visions of Futures Past
Kickoff event, 6-9 pm
Quirkadelic time-travelling band Uglyography plays music to begin a weekend of Steampunk artistry to coincide with the Blackbeard Festival.

JUNE

1&2 Steampunk: Visions of Futures Past
Past Display of Victorian-inspired science fiction artistry. **Museum open free of charge for Blackbeard Festival.**

3 Port Hampton Lecture • 7pm
Hampton’s Rice’s Fossil Pit: “Where Gigantic Whale’s Ruled 23 Million Years Ago” presentation by Jane O. Rice.

8 Exhibition –
The Fragile Balance: Man and Nature in Hampton – opens to the public
Explore how the natural attributes of our area have shaped our history and how we have impacted on the environment.

History Spring Break Camp

April 1-5
Presented by Lighting The Way

Pre-K and Kindergarten Camps:
9am-Noon or Noon-3 pm, \$75
Grades 1-3, Grades 4-6, Grade 7 and up:
9am-3pm, \$150

Youngsters will explore Hampton history from the time before man up to the present day through games, art activities and other hands-on projects.

DOWNTOWN HAMPTON

Blackbeard Pirate Festival

Saturday & Sunday
June 1 & 2

Children’s Area • Musicians
Pirate Camp
Sea Battles • Fireworks

Pirates’ Ball
May 31

For more information go to
www.blackbeardfestival.com

THERAPEUTIC RECREATION

727-1601

Therapeutic Recreation Programs for Individuals with Disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, manage own behavior with minimal to moderate staff intervention.

Registration Information:

Registration is on-going and is required for all programs. Please call 727-1601 for registration details for specific programs and events. After-school and summer camp registrations require a full assessment appointment with TR staff.

Therapeutic Recreation After School Program

**Monday-Friday during school year
2:30-6pm @ OHCC & Phoebus High School
Ages 5.5 – 21 or currently enrolled in school
\$55 per week/ \$200 per month**

This program is designed for students with special needs. Students enjoy an after-school recreation program, where the focus is on socialization, leisure skills, and participation in fun, safe recreational environments. Elementary and Middle School students at OHCC, High School students at Phoebus High School. This program follows the Hampton City Schools Traditional calendar. An assessment must be completed prior to enrollment, contact us for more information.

Adult Therapeutic Recreation Program

Interested in our recreation opportunities for adults with special needs? Give us a call for our current calendar and information. We offer a variety of activities throughout the year to encourage socialization with peers, with stimulating activities fitting for adults in our community. Participants engage in a number of activities, including fitness, crafts, cooking, movies, and more! HPR membership is required.

THERAPEUTICS

For Individuals with Special Needs

THERAPEUTIC RECREATION ASSESSMENTS

Old Hampton Community Center • Tuesday-Thursday • 3-5:30pm • Ages 5-22 • \$35

Therapeutic Recreation Programs for individuals with disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, and manage own behavior with minimal staff intervention. Parents, if you anticipate signing up your child

for therapeutic recreation programs, you must have an assessment completed. The parent must provide the following participant's items: recent copy of IEP, current physical, list of current medications, assessment fee of \$35 in the form of check or money order. If the participant will be receiving financial support, we need documentation along with case manager contact information. For more information, call 727-1601.

SPECIAL EVENTS/CAMPS

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
Spring Spectacular Prom Did you miss your Prom? Do you love to dance? Join us for an elegant night of dancing and fun. We welcome Teens and Adults with special needs to this formal social event. Get glamorous, show us your dance moves, and create memories with your peers! This event requires advance registration. Call us today to register or for more information on this exciting new event: 727-1601.	16+	Saturday, June 1 • 6:30-9:30pm	Sandy Bottom Nature Park	Free
Birthday BINGO Bash Sign up for an evening of BINGO in celebration of the month's birthdays! Each month we will gather, play a few games, and then celebrate the month's birthdays with cake. This event requires advance registration, so sign up early and don't miss out! To register or for more information, call 727-1601.		3rd Wed. of every month, starts May 15 • 7pm	Hampton Senior Center	\$2

THERAPEUTIC RECREATION SUMMER CAMPS 2013

**June 24-August 23 • Monday-Friday, 7am-6pm • Ages 5.5 to 22 (or currently enrolled in school)
Old Hampton Community Center & Hampton Teen Center • \$80/week**

Spend nine weeks of your summer vacation with your peers. Sign up for adventure and fun! Take trips, make some new friends, and learn some new things with our summer camp. This program is designed for individuals with special needs, and requires advance registration and assessment. Registration starts in March, and space is limited, so sign your child up today! For more information, call 727-1601.

Camp Champion
Ages 5.5 to 12 (OHCC)

A camp for youth that encourages social engagement, leisure participation, and activities in an inclusive environment.

Summer Superstar
Ages 13 to 17 (Teen Center)

A camp for teens that provides opportunities for socialization, leisure participation, and activities. Teens will be encouraged to increase community knowledge and independence in a safe, inclusive environment.

Transitions Camp • Ages 18 to 22 (Teen Center)

A camp for young adults housed at the Teen Center will provide opportunities to socially engage with peers and participate in a variety of leisure activities. Participants will be encouraged to strengthen their independence, learn new skills, and increase knowledge of community in a safe, inclusive environment.

Check out our NEW

**Therapeutic & Inclusive
program space
at**

Old Hampton Community Center!
201 Lincoln Street



Therapeutic Recreation Service's goal is to provide opportunities for children and adults with disabilities to participate in recreation and leisure programs in the Hampton Community

YOUTH

[Includes former Preschool & Teen sections.]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
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SPECIAL PROGRAMS

Kids Night Out	5-12	3rd Fridays, starting June 21 • 6-9pm	WHCC	15/participant
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Parents your kids are SCREAMING for a night out on the town. Well, we are READY to provide them with it. Bring them out for a fun-filled evening. We will climb the rock wall and venture out on the town. Dinner is provided.

Youth and Teen Modeling Class	6+	Tuesdays, begins 4/9 • 6-7pm	NHCC	\$25/person
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Our personal development classes cover everything from public speaking to giving a firm handshake, to runway techniques and photographic movements. Classes are designed to help each student build on their own talents, develop their own sense of style and become a self-confident young woman. This is a 6-week program and a new class starts every 6 weeks. For more information call 825-4805.

Pottery Special	5-12	Thursdays, 5/30 or 8/29 • 4pm	FMCC	\$5/child
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The pottery instructor will conduct a one time child special on the days listed. Day cares and home school groups are welcome to participate. For more information call or to pre-register your group please call 592-3085.

DANCE

Pre-Ballet	3-5	Saturdays • 11-11:50am	NHCC	\$25/month
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Calling all Balletomanes (Ballet enthusiasts) this introductory ballet class will focus on ballet steps and movements along with balance, coordination, motor skills and flexibility. Basic ballet positions are incorporated to provide the little Ballerinas and Cavaliers with the basics of Ballet. For more info call 825-4805.

Ballet	5+	Saturdays • 10-10:50am	NHCC	\$25/month
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Ballerinas and Cavaliers will review and continue to improve on the steps and movements learned earlier and develop dance routines. For more information call 825-4805.

Hip Hop Dance Class	10-40	Saturdays, 8-week sessions • 11am-Noon	NHCC	\$50/session
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Contemporary hip hop, locking, poppin, and breakin. Classes start off with a basic warm-up. Then the instructor breaks the class down with a hip-hop combination. In this class the instructor will lay out the basic foundations of the movement style. This is an on-going program. For more information call 727-1123.

FITNESS

[more fitness programs for all ages & families included in Adult]

Tae Kwon Do	5+	Tuesdays • 7-8pm	NHCC	\$25/month
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This course, for ages , focuses on the traditional art of Tae Kwon Do with a self-defense application. Get physically fit while learning to defend yourself, gaining confidence, and improving your self-esteem. Classes are taught by a certified TKDO Master, Master Barnes. For more information, call 825-4805.

SOCIAL

Teen Prevention	13-17	Thursdays, through June 27 • 4:30-6:30pm	OHCC	Free with HPR ID
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Program that provides facts that help teens make informed and responsible decisions that promote healthy choices in life. Topics include: Career Workshops, Peer Pressure, Education, Character Building, Gang Awareness, and Life Skills. Weekly program. For more information call 727-1123.

Yummy, Yummy For My Tummy	6-17	Mondays, through May 27 • 5-6pm	OHCC	\$7/week
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In this weekly program, youth participants learn kitchen safety and how to create healthy meals. For more information call 727-1123.



Programs for
ALL AGES &
FAMILIES are
listed in the
ADULT section.

COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park	APP
Hampton	
Senior Center	HSC
Fort Monroe Community Center	FMCC
Northampton	
Community Center	NHCC
North Phoebus	
Community Center	NPCC
Old Hampton	
Community Center	OHCC
West Hampton	
Community Center	WHCC

You can register for classes
at any community center
— or — call 727-8311!

SCHOOL IN
RECREATION
PROGRAMS

Recreation Matters

Grades K-5
Monday-Friday • 2-6pm
NHCC
\$20/week

This program, for grades K-5, provides a safe, structured, and fun atmosphere for students to learn and develop new skills. Students receive homework tutoring and a wide variety of enrichments that include fitness, cooking and dance. For information call 825-4805.

Bulldog Morning Program

Grades 6-8
NHCC
Monday-Friday • 7-8:30am
\$10/week with HPR ID.

Looking to start your day early? Enjoy a safe, fun environment for Davis Middle School Students. For information call 825-4805.

COMMUNITY CENTERS
ABBREVIATIONS KEY:

- Air Power Park APP
- Hampton
- Senior Center HSC
- Fort Monroe Community Center . . FMCC
- Northampton
- Community Center NHCC
- North Phoebus
- Community Center NPCC
- Old Hampton
- Community Center OHCC
- West Hampton
- Community Center WHCC

You can register for classes
at any community center
— or — call 727-8311!

YOUTH [continued]

Camp Summer Fun 2013

For ages 6-12
June 17-August 23
7am-6pm
NHCC & WHCC



Summer Fun Camp provides a safe environment for youth ages 6-12. We will have your youth on the go all summer venturing on fun field trips, swimming weekly, enrichments, crafts, indoor/ outdoor games and gaining new friends.

Registration begins April 6, 2013. There will be a \$ 20.00 registration fee, and an \$80.00 per week fee, and a \$75.00 per week fee for each additional child.

If your child comes home TIRED and DIRTY, then we know they've had a full Funtastic Day.

For information call 825-4805 or 896-4687.

“THE WORLD IS EXPLODING IN EMERALD, SAGE, AND LUSTY CHARTREUSE - NEON GREEN WITH SO MUCH YELLOW IN IT. IT IS AN EXPLOSIVE GREEN THAT, IF ONE COULD WATCH IT MOMENT BY MOMENT THROUGHOUT THE DAY, WOULD GROW IN EVERY DIMENSION.”

—Amy Seidl,
Early Spring: An Ecologist and Her Children Wake to a Warming World





Hampton Parks and Recreation

Summer Playgrounds 2013



Not a fan yet?
JOIN US!

Begins June 17th and ends August 23rd
Playground hours are 9:00am – 2:00pm

Summer Playgrounds is a fun-filled, enriching summer program for children ages 6-17. From gaining new friendships to local field trips to group activities, we will have your child on the go all summer.

Come see what Summer Playgrounds is all about!

All fees are non-refundable.

- \$20 registration fee per child
- Cost: \$15 fee per child per week
- Pay \$150 up front for ten weeks and a \$20 savings
- Up front fee must be paid before the 1st week of camp

Register at any Hampton Community Center beginning April 15th.
Check Community Centers for operating times

Monday – Friday Camps

YH Thomas*	1300 Thomas St.	727-1200
North Phoebus Community Center*	249 W. Chamberlin Ave.	727-1160
Old Hampton Community Center*	201 Lincoln St.	727-1124
Six House*	2003 Kecoughtan Rd.	224-6100
Newtown Learning Center*	4315 Kecoughtan Rd.	728-1710

USDA lunch provided at all sites, and will start the second week of camp.

All programs are closed Thursday, July 4th in observance of Independence Day.

For more information, please call (757) 727-8311.

The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age, or disability. If you are disabled and will need a special accommodation in order to participate, please contact Therapeutic Services at (757) 727-1501.



Indoor Rock Climbing Wall

Ages 6+ • Mon-Fri • 10am-7pm,
Saturdays by appointments
WHCC • Fees Vary

Participant can experience the \$1 Trail Climb or the Membership climb \$10 monthly fee, Free with HPR ID included. The Indoor Rock Climbing Wall is also available for rentals, birthday parties, and special events. Please contact 896-4687 for booking information.

“SPRING IS
WHEN YOU
FEEL LIKE
WHISTLING
EVEN WITH
A SHOE FULL
OF SLUSH.”

—Doug Larson



HAMPTON

Youth, Education and Family Services

Parent Education Classes

Healthy Families Partnership offers a variety of Parent Education Classes for families with children ages 0 through 18. Below is a list of upcoming classes. For the most updated list visit www.hampton.gov/healthyfamilies

MARCH

- 6 – Crossroads - Court ordered class for custody & visitation issues.
- 7 – LAMB (Labor & My Baby) - Calm your fears and prepare for parenthood.
- 16 – Crossroads - Court ordered class for custody & visitation issues.
- 16 – LAMB (Labor & My Baby) – 1-day Workshop
- 18 – Crossroads - Court ordered class for custody & visitation issues.

APRIL

- 9 – Baby Care - will cover the dos and don'ts of your baby's basic needs.
- 9 – Building Better Relationships - Couples set goals & examine the values within their relationship
- 9 – Dynamic Dads - Communication, Male/Female relationships & responsible fatherhood
- 9 – 1-2-3 Magic - This time-tested program provides easy-to-follow steps for disciplining children 2-12
- 10 – Crossroads - Court ordered class for custody & visitation issues.
- 10 – Special Needs Children - a supportive environment to cover topics for raising a special needs child
- 11 – Nurturing Skills ages 1-4 - Normal child development, routines, positive discipline & more
- 11 – Nurturing Skills ages 5-12 - Family rules, manage behavior, stress & communicate effectively
- 11 – Nurturing Teens - Parents & Teens learn to handle stress, communicate & negotiate
- 15 – Crossroads - Court ordered class for custody & visitation issues
- 20 – LAMB (Labor & My Baby) - 1-day Workshop
- 20 – Crossroads - Court ordered class for custody & visitation issues.

MAY

- 1 – Crossroads - Court ordered class for custody & visitation issues.
- 2 – LAMB (Labor & My Baby) - Calm your fears and prepare for parenthood.
- 18 – Crossroads - Court ordered class for custody & visitation issues.
- 18 – LAMB (Labor & My Baby) - 1-day Workshop
- 20 – Crossroads - Court ordered class for custody & visitation issues.

REGISTRATION FEE: Hampton residents: FREE. Non-Hampton residents: Call for fee. The Crossroads class is \$50 per person.

Payments accepted: Mastercard, VISA, money order, personal check, cash

REGISTRATION: call 727-1300. Hampton's Healthy Families Partnership is conveniently located at 100 Old Hampton Lane in downtown Hampton.

- Dinner at 5:30 pm with evening classes
- Childcare and Free Parking
- Help with transportation (call for details)

The Teen Center

ACTIVITIES AVAILABLE

basketball, video games (xbox 360 and wii), billiards, ping pong, dance studio, arts and crafts, board games, laptops with wifi, cardio equipment, indoor track, free weights, recording studio, lounge, cable tv

HOURS DURING SCHOOL:

Monday thru Thursday – 3 pm to 7 pm
Fridays – 3 pm to 10 pm

HOURS DURING SUMMER:

Call for Details – 766-1510

LOCATION:

300 Butler Farm Road, Hampton, 23669

PHONE: 766-1510

www.hamptonteencenter.com

MEMBERSHIP: FREE to Hampton teens ages 14 – 18 or in high school.

TRANSPORTATION:

During the school year transportation is provided from the 4 Hampton high schools to the Teen Center for \$.50/ride. Teens must find their own ride home.



School Age Programs

2013 SUMMER CAMP

Registration begins April 8th–Register during program hours at each school program site and at the School Age Program Office, 100 Old Hampton Lane (Healthy Families bldg.). Monday-Friday, 9 am to 4 pm.

Summer Camps – June 17th to August 16th

Kindergarten thru 5th grade

Adventure Camps Location:

Booker Elementary School, 160 Apollo Drive

Kraft Elementary School, 600 Concord Drive

Club 11/15

Ages 11-15 at Hampton Teen Center, 300 Butler Farm Rd.

CAMP HOURS: 7 am to 6 pm – Monday thru Friday

Participants must bring lunch daily.

(no refrigeration available)

SUMMER CAMP FEES

- One-time registration fee of \$20 per child plus first week's payment due at registration.
- \$80 a week (\$75 a week each additional child).
- Summer School Students Rate – \$55 a week (\$50 each additional child).
- Reduced fee for week of July 4th – \$65 (\$60 each additional child).

Checks and Money Orders made payable to "City of Hampton" (No Cash).

Call 727-1300 Option 4 for more information.

BEFORE & AFTER SCHOOL PROGRAMS

Registration begins April 8th and continues until each program reaches capacity. Register during program hours at each After School Program site (ie. Cafeteria or Gym) from 3 pm to 5 pm or at School Age Program office, 100 Old Hampton Lane (Healthy Families bldg.), Monday-Friday, 9am-4pm.

SCHOOL PROGRAM FEES:

One-time registration fee of \$20 per child plus first week's payment due at registration

Before School Program

\$20 each week for the 1st child (\$17 each week for each additional child).

After School Program

\$45 each week for the 1st child (\$40 each week for each additional child).

Fees Are Subject To Change

Checks and Money Orders made payable to "City of Hampton" (No Cash).

Call 727-1300 Option 4 for more information.

Youth, Education and Family Services

HAMPTON

youth athletic commissioners

Youth Basketball

Ages 6-18 • November-March
Registration: October

ABERDEEN Linwood Harper • 838-4679
CAVALIERS Kevin Custis • 753-9488
FOX HILL Lisa Quidera • 268-6734
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON Adrian Lyles • 725-4510
PHOEBUS Barry Moore • 320-7776
Y.H. THOMAS Douglas Sessoms • 303-2248
ANDREWS Joseph Biava • 268-3333
SPRATLEY Michelle Barnes • 850-5032
SYMS Theresa Brown • 850-5050
DAVIS MIDDLE SCHOOL Gary Vanhook • 879-2336
EATON Mark Hudson • 825-4540
TYLER Nick Dibuono • 256-5777
PHENIX Cathy Williams • 268-3500
EAST COAST Stephen Gibson • 713-2354
WOODLAND Leah Washington • 303-8295

Football

Ages 6-14 • July-November
Registration: April

ABERDEEN Dave Walters • 727-0599
CAVALIERS Kevin Custis • 753-9488
EAST COAST Stephen Gibson • 713-2354
FOX HILL Kathy Mounts • 327-9581
KAPPA CARDINALS Arthur Price • 838-6251
NORTHAMPTON Mitzi Newlin • 608-8364
PHOEBUS Barry Moore • 320-7776
TYLER Steve Gurley • 851-2395
WOODLAND Willie Washington • 303-8295
Y.H. THOMAS Douglas Sessoms • 303-2248

Soccer

Ages 4-18 • March-June / September-November
Registration: February

VIRGINIA RUSH (ages 3-15) ... VA Rush Office • 224-0213
PHILLIPS (ages 4-18) Kathy Cato • 851-6600
PENINSULA AYSO (ages 2½-12) . Warren White • 291-5305
VIP UNITED FC (Youth 10 & 19)
..... Ralph Capotosto • 880-4483
..... Joe Slezak • 879-6602

Baseball/T-Ball

Ages 6-17 • March-June
Registration: February; Phillips April

ABERDEEN Linwood Harper • 838-4679
NORTHAMPTON Jimmy Jessup • 812-2747
PHILLIPS Dan Boltz • 851-6600
PHOEBUS Mary McCoy • 851-9488
WYTHE Phil Everhart, Jr. • 723-3559
Y.H. THOMAS Douglas Sessoms • 303-2248
VA MARINERS Chuck Ochsenfeld • 838-0700

Softball

Ages 18+
SPRING: March-August
FALL LEAGUE: September-November

ATHLETIC OFFICE 726-8750

Girls' Softball

Ages 8-16 • June-July
Registration: May

ABERDEEN Linwood Harper • 838-4679
FOX HILL Kevin Johnson • 851-0613
NORTHAMPTON (Jan) Nancy Hinson • 827-8438
WYTHE Phil Everhart, Jr. • 723-3559

Cheerleading

Ages 6-14 • July-November
Registration: April

ABERDEEN Yvonne Harper • 838-4679
CAVALIERS Kevin Custis • 753-9488
EAST COAST Cindy Wygans • 714-7081
FOX HILL Karen Ablonsky • 850-2674
KAPPA CARDINALS Deena Edwards • 685-1909
NORTHAMPTON Dana Rodgers • 320-5112
PHOEBUS Barry Moore • 320-7776
TYLER Steve Gurley • 851-2395
WOODLAND Leah Washington • 303-8295
Y.H. THOMAS Synethia White • 727-1200

Beach Volleyball

Ages 16+ • www.stopwatchsports.net
..... Craig Lenniger • 773-4386



**Check www.hampton.gov/parks
for the latest updates!**

Revised 03/18/13

YOUTH ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE

413 W. Mercury Blvd
726-8750 or 726-8751



The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age or disability.

If you are disabled and will need special accommodation in order to participate, please contact us at
(757) 727-1601.

WELLNESS

Wellness After Work Series
2nd Tuesday of each month
5-6:30pm
Location TBA
\$4/session

new

The Wellness After Work Series will include topics such as Nutrition 101, Stress Reduction and Management, Financial Wellness, Exercising with Arthritis & Osteoporosis and more. For age: 18+. This is an on-going program April through August. For more information call 896-4695.
*No location at this time/TBA



“WHAT GOOD IS THE WARMTH OF SUMMER, WITHOUT THE COLD OF WINTER TO GIVE IT SWEETNESS.”

— John Steinbeck,
Travels with Charley:
In Search of America

ADULTS

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
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DANCE

Chicago Style Steppin'	16+	Tuesdays, begins 4/2 • 6-7:30pm	OHCC	\$30/person
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Chicago Style Steppin' is a social dance done in time to music that occurs on a steady, recognizable “downbeat”. You will learn to take steps to the “downbeat” and still come back in time with your partner as well as how to execute the various turn patterns, foot work, and pulls that are inclusive elements of this dance. This is a six week class. All levels are included in this class. This class is on-going, and you must register at any community center 1 week before the start of class. A new class starts every six weeks. For more information call 727-1123.

Step In the Name of Life Line Dancing	16+	Thursdays, begins 4/4 • 6:15-7:30pm	OHCC	Free with HPR ID
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Step in the Name of Life's goal is to fight high cholesterol, high blood pressure, diabetes and much more through the exercise of line dancing. Enjoy contemporary line dance music and line dance your way to good health. on-going, register anytime. For more information call 727-1123.

SOCIAL

B & B (Bingo & Breakfast)	18+	Fridays, begins 4/12 • 10-11am	WHCC	Free with HPR ID
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Start your day off with breakfast and a little fun. Breakfast & Bingo will wake you up and keep you on your toes. Great Prizes!!! t's a potluck, so please bring one of your scrumptious dishes. Coffee and Tea will be provided. This is an ongoing program held the second Friday of each month. For more information call 896-4696.

The Good, the Bad, and the Scrumptious of Nutrition	18+	Wednesday, 4/3 • 10am	WHCC	Free with HPR ID
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This will be a workshop for adults to learn how to start eating healthier foods as well as budgeting your money when purchasing foods. This workshop will be instructed by Health Food Professional. For more information call 896-4696.

Identity Theft-Facts and Prevention Workshop	18+	Monday, 5/6 • 11am	WHCC	Free with HPR ID
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Educating citizens on personal safety methods to avoid having their identity stolen. This workshop will have a certified legal officer instructing on the “do’s and dont’s” of protecting your identity. For more information call 896-4696.

FITNESS

Cycle Circuit	14+	Wednesdays • 5:15-6:15pm Saturdays • 9-10am	WHCC	\$15/month \$10/month
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Saddle up and ride! Serious calorie and fat burning workout without the impact of traditional aerobics. Cycle Circuit combines cycling with resistance training, abdominal work and flexibility training for better overall health and fitness. For more information call 896-4687.

Fitness Yoga	13+	Mondays • 7:15-8:15pm	NHCC	\$15/month
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Fitness Yoga, for ages 13+, is an excellent way to relieve stress and tension while increasing flexibility, strength and energy. It offers a non-impact and complete mind, body, and spirit workout. For more information call 896-4687.

Kettlebells	16+	Mondays & Wednesdays • 5:15-6:15pm	WHCC	\$15/month
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Kettlebells offer the unique balance of strength and cardio with weighted bells using swings, clean and press, the snatch and a wide variety of other exercises. For more information call 896-4687.

“HEY! IT’S SUMMER! BE FREE AND HAPPY AND DANCEFUL AND UNINHIBITED AND NOW-Y!”

—Terri Guillemets

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
Move It Groove It (formerly Seniorcize)	55+	Mon & Thu (WHCC), Tue & Fri (NHCC) • 10-11am		Free with HPR ID
A great way to stay active and keep your body strong. Fun music with easy cardio for your heart, moves that increase range of motion, resistance training to increase lean muscle and bone density. For more information call 896-4695.				
Step & Sculpt	16+	Tuesdays & Thursdays • 8:30-9:30am	WHCC	\$20/month
Traditional step aerobics combined with strength and body sculpting moves for a powerful, calorie blasting, fat burning workout. For more information call 896-4687.				
TBC-Total Body Conditioning	14+	Mon & Wed • 6-7pm	NHCC	\$20/month
Firm the butt, trim the gut, tone and tighten with this whole body workout. Class is designed for all fitness levels. For more information call 727-1123.				
30 Minute – Get Fit	14+	Mon, Wed & Fri • 12:15-12:45pm	WHCC	\$20/month
Get in and get out in 30 minutes. Small group personal training at it's best! Cardio, strength, and flexibility training for all ages. Conveniently located in the heart of Hampton for that quick lunch-time workout. Class size is limited – get in now! For more information call 896-4687.				
Walk Away the Pounds	10+	Mon, Wed & Fri • 9-10am Wed • 6am Tue & Thu • 5:45-6:45pm	WHCC WHCC WHCC	Free with HPR ID
Total body walking program designed to reduce stress, decrease fat, increase muscle and cardio fitness. Proper supportive walking shoes required. For more information call 896-4687, 727-1123, 727-1160, or 825-4805.				
Yoga-Lite	50+	Mondays OR Wednesdays • 10-11am	NHCC	\$15/month per class day or both days for \$25/month
Yoga-Lite honors the body as it matures. We combine breathing and gentle movement to increase flexibility, range of motion, strength and energy while relieving stress, lowering blood pressure and promoting overall well being. All equipment provided and exercises can be done on mats or in chairs. For more information call 825-4805.				
Workout on the Waterfront	8+	1st Sundays, April-Sept • 8-9am	Buckroe Beach Stage	Free
A great outdoor workout with a great view for all ages and fitness levels. All equipment provided by Parks & Recreation. For more information call 896-4687.				
ZUMBA	14+	Monday • 7-8pm Tuesday • 7-8pm Thursday • 7-8pm Saturday • 10:30-11:30am	WHCC WHCC & FMCC WHCC & FMCC WHCC	\$5/class paid to instructor
Zumba is Fitness & Zumba is FUN! Latin dance moves combined with hot music for a great cardio workout that's more dance party than exercise. Lose inches, trim your waist, slim your hips! All classes taught by nationally certified Zumba instructors. For more information call 896-4695.				
Fit Mommy-Fit Me	6 mos. + parent	Tuesdays • 10-11am	WHCC	\$16 per session
This program is a balance of fun fitness activities for you child with you in mind. Classes will include aerobic exercise, strength training and yoga along with fun songs the whole family can enjoy while working on your child's fine and gross motor skills, balance and coordination. This is an on-going program: April 9-May 14, June 4-July 9, July 30-Sept 3. For ages 6 months with parent or guardian. For more information call 896-4687.				

new



“ A PHOTOGRAPHER GETS PEOPLE
TO POSE FOR HIM.
A YOGA INSTRUCTOR GETS PEOPLE
TO POSE FOR THEMSELVES. ”
— Terri Guillemets



COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park APP
Hampton
Senior Center HSC
Fort Monroe Community Center . . FMCC
Northampton
Community Center NHCC
North Phoebus
Community Center NPCC
Old Hampton
Community Center OHCC
West Hampton
Community Center WHCC

**You can register for classes
at any community center
— or — call 727-8311!**



“A PERFECT SUMMER DAY IS WHEN THE SUN IS SHINING, THE BREEZE IS BLOWING, THE BIRDS ARE SINGING, AND THE LAWN MOWER IS BROKEN.”
—James Dent



LEISURE CLASS PROGRAM INSTRUCTORS

wanted

If you have a skill that you want to share and get paid, call 727-1664.

ADULTS

[continued from page 25]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
LEISURE				
Fresh Cut Flower Arranging	18+	Thursdays, 4/25 & 6/20 • 6-7pm	FMCC	\$40/person
Each session is for 6 weeks. Are your thumbs greener than they are flesh colored? If you love flowers and the joy they bring others, Floral Design classes at Fort Monroe Community Center is for you. With this class, you get the training from a successful local florist that can help you create striking designs in many styles. Your floral design class includes instruction in, form, shape, space, depth, containers, mechanics, harmony and unity. You learn to merge art and botanical knowledge in creating your arrangement. For more information call 592-3085.				
Teach me to Paint – Introduction to Watercolor and Acrylics	All	Tuesdays, starting 4/9 & 6/4 • 6-8pm	FMCC	\$50/person
Each session is for 8 weeks. Discover you inner artistic abilities in a fun, stress free environment that will encourage you to express yourself with color! For more information call 592-3085.				
Wood Turning	13+	Mondays, starting 4/22, 6/3, 7/15 & 8/26 • 6-8pm	FMCC	\$50/person
Each session is for 6 weeks. This course introduces students to the art and processes of turning wood. We will cover basic cuts, tools, techniques and safe lathe operations. During this course we will complete several projects selected to advance skill development. This class is open to everyone from beginners to skilled wood workers. Because there are so many types of wood and project accessories, participants are required to make their own purchases for this class. On-site instructor will provide details during the first class per session. For more information call 592-3085.				
Pottery	All	Thursdays, starting 5/9 & 7/11 • 6-8pm	FMCC	\$45/person
Each session is for 6 weeks. Participants will learn how to use techniques with clay to complete projects of choice and then apply painting skills and exploration of color to complete. A skilled instructor will teach techniques and glaze application. For more information call 592-3085.				
Ceramics	All	Thursdays, 4/25 or 6/20 • 6-8pm	FMCC	\$45/person
For more information call 592-3085.				
Glass Fusing and Glass Painting	18+	Wednesdays, begins 4/3 • time TBA	FMCC	\$45/4-weeks
Each Session is for 4 weeks. This class is for anyone interested in learning how to create stunning objects in glass. In this class you will learn how to paint wine glasses, vases and other glass objects. You will also learn how to fuse glass into beautiful jewelry pendants, sun catchers and more. No experience is required! For more information call 592-3085.				
Rain Barrel Workshops	All	Saturday, 4/27 • 9-11am & 1-3pm	FMCC	\$40
Reduce your waterbill, protect our rivers, lakes and streams by reducing storm water run off, and control moisture levels around the foundation of your home or business. For more information call 727-1158				
Interactive Book Bags	All	Monday-Friday, begins 4/8	FMCC	
Interactive book bags can be checked out at our front desk lobby for a minimal fee. All book bags serve as a destination based, activity themed, portable center to be used by families, home schooled populations, and educators/ on site. Examples of themed book bags bird-watching, saving our seashore, native trees, etc. On-going family activity. For more information call 592-3085				
Stamp Camp and Scrapping Party	All	Monday, 4/8 • 5-7pm	FMCC	\$8/person
We will make 2-4 cards per session in the stamp camp. Learn new ideas and techniques to enhance your homemade greeting cards. Scrapping party will include creative scrapbook ideas that will make your photos and vacation pictures more memorable. Participants are encouraged to bring their own supplies (limited instructor supplies will be available each night). For more information call 592-3085.				
Basic Photography	All	Mondays, begins 4/22 • 6-8pm	FMCC	\$65/person
You will learn about all types of cameras from the simplest to the highest of high tech and learn to use some basic features. You will participate in a photo walk and learn how to get the best shots. A new session starts every 6 weeks. For more information call 592-3085.				

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
Wilton Cake Decorating	13+	Fridays, begins 4/26 • 6-8pm	FMCC	\$45/person
If you've ever dreamed of creating beautiful cakes for friends or family, learn more about the Wilton Method Cake Decorating class that take you from the basics to more advanced gum paste and fondant decorations. A new session starts every 4 weeks. For more information call 592-3085.				
AARP Driver Safety Course	50 & older	April 25 & 26 OR June 3 & 4 • 9am-1pm	WHCC	\$12 for AARP members \$14 non-members

To attend the two-day program call West Hampton Community Center (896-4687) to place your name on the roster and payment will be accepted on the first day of class. Please make checks payable to AARP. AARP membership is not required for class registration, but attendance to both classes is required to be eligible for the state mandated three-year automobile insurance reduction. Class size limited to 25 participants.

HAMPTON HISTORY MUSEUM

[Calendar of events continued from page 17]

JUNE [continued]

- 82nd Saturday Family Event
10am-2pm
Hampton in the Days of the Dinosaurs - family activities and games exploring Hampton's pre-historic past.
- 19Lunch in Time "The Hampton Fire Company: Over a Century of Volunteer Firefighting" reflections by retired fireman and historian Claude Burge.
- 19Front Porch Music Series • 6-8pm
MSG Acoustic Blues Trio
This band can raise the roof with some old-fashioned house party tunes, make you laugh with their witty originals and then make you weep with blues ballads!
- JULY
- 1Port Hampton Lecture • 7-9pm
To commemorate the sacking of Hampton by the British during the War of 1812, Williamsburg Historian Stuart L. Butler, retired assistant branch chief of the National Archives' Military Archives Division and author of the book Defending the Old Dominion: Virginia and Its Militia in the War of 1812, will present "The Rape of Hampton...or Was There One?: The British Occupation of the Town in July, 1813."
- 132nd Saturday Family Event
10am-2pm
1776!-Explore the home and soldier's life during the Revolutionary War with hands-on activities and colonial reinactors.
- 17Front Porch Music Series • 6-8pm
Bobby "Blackhat" Waters -Bobby Blackhat brings together the finest blues musicians in Hampton Roads to perform

- classic, modern, as well as original blues tunes that will keep your toes tappin' and your hips shakin' all night long.
- 17Lunch in Time • Noon
"Send Me a Pair of Old Boots & Kiss My Little Girl" presentation and book signing by Williamsburg author Jeff Toalson who will perform a reading of selected letters in character as Richard Watkins, a captain in the 3rd Virginia Cavalry during the "great unpleasantness."
- 25Oral History • 7pm
"I Have Served My Time in Hell."
Veterans gather to recount their experiences during the Second World War on the horrific battlefields of Europe and the Pacific.

AUGUST

- 5Port Hampton Lecture • 7-9pm
Gerald Johnson, Professor Emeritus of Geology, The College of William and Mary will present "The Geology of Hampton Roads: From Extraterrestrial Impact to the Chesapeake Bay."
- 102nd Saturday Family Event
10am-2pm
Virginia Gardens - learn where people got seeds, what was grown, how the ground was prepared and fertilized, etc.
- 21Lunch in Time • Noon
Attorney and local map expert Paul W. Emigholz will Present "The Peninsula Mapping Project: Life in the Landscape of the Virginia Peninsula."
- 21Front Porch Music Series • 6-8pm
The Jukes; "The Jukes" is a 3-piece acoustic band that serves up original and classic blues in a very unique, powerful setting.

- 29Oral History • 7pm
"Movers and Shakers: Hampton Women Who Have Made a Difference." A tribute to female civic and business leaders through time.

SEPTEMBER

- 9Port Hampton Lecture • 7-9pm
Dr. Charles Ford, Chair of the History Department At Norfolk State University, will speak on his recently published book "Desegregation of Public Schools in Hampton Roads."
- 142nd Saturday Family Event
10am-2pm
Hampton Burns – History of Fires in Hampton
- 18Lunch in Time • Noon
"The Storyteller" Dylan Pritchett will present "Freedom Stories: The African-American Experience during the Civil War and Reconstruction."
- 18Front Porch Music Series • 6-8pm
Jackass Flats - With so many instruments at their disposal, the typical set finds the band everywhere from bluegrass, rockabilly, honky tonk, country, western swing, all with the energy and edge that has made the Jackass Flats show a must see.
- 26Oral History • 7pm
"This Old House: Preservation projects in Hampton." The experiences of individual homeowners in restoring older homes, and neighborhood restoration projects.

COMMUNITY CENTERS ABBREVIATIONS KEY:

Air Power Park	APP
Hampton Senior Center	HSC
Fort Monroe Community Center . .	FMCC
Northampton Community Center	NHCC
North Phoebus Community Center	NPCC
Old Hampton Community Center	OHCC
West Hampton Community Center	WHCC

You can register for classes at any community center — or — call 727-8311!

coming soon

ARE YOU PREPARED FOR FLOODING?

The City of Hampton is conducting a workshop.

Topics will include:

- How to find and read flood maps
- How to locate a flood insurance agent
- How to reduce flood damage

Contact 311, watch for enews or go to www.hampton.gov

Family Caregiver Support Services
Wednesdays • 1-2pm • HSC • Free

The sessions are geared to help better prepare early seniors and current caregivers with more tools, information, and guidance on various subjects regarding planning for your senior years, independent living and family caregiving support. All sessions are informational. RSVP is required. For more information on the session, please call 726-7635. To register, call 727-1601.

- APRIL 17 – Caring for Loved Ones with Dementia and Alzheimer's**
- MAY 15 – Long Term Care Planning for Caregivers**
- JUNE 19 – Dealing with Caregiver Stress**
- JULY 17 – Your Life, Your Legacy**
- AUGUST 21 – Veteran's Aid & Assistance**
- OCTOBER 16 – Fall Prevention at Home**

DANCE

Beginning Square Dancing
50+ • Mondays • Noon-2pm
HSC • Free

Join the Hobson's in the basic beginners square dancing for some jubilant fun and good exercise to boot! For more information call 727-1601.

Line Dance
50+ • Tuesdays & Thursdays • 10-11am
HSC • Free

This is for the folks who have taken Line Dancing 1 or have prior experience. Learn some of the hottest line dances. Dress for exercise. Athletic shoes are required. For more information call 727-1601.

CRAFTS & MORE

Basic Knitting/Crochet
50+ • Tuesdays • 9-11am
HSC • Free

Join the “Happy Hookers” in fellowship and learn a new stitch! The Happy Hookers, a group of talented retired ladies are willing to teach people interested in learning and welcome newcomers. Bring your own materials. For more information call 727-1601.

SOCIAL

Lunch Bunch Club
50+ • Fridays • Noon • Call for location
Lunch \$ is on your own

Want to go to lunch, but no one's available to join you? Then join the Lunch Bunch group where you're never a stranger and an extra seat is always available. You'll meet others who enjoy eating out and trying out new restaurants in the Hampton area once a month. Please call in advance to get your name on the list and to find out which restaurant we'll be dining at for the month. For more information call 727-1601.

ACTIVE OLDER ADULTS

[HSC = Hampton Senior Center • Call 727-1601]

PROGRAM/EVENT	AGE	DAY/DATE & TIME	LOCATION	FEE
SPECIAL PROGRAMS				

Just Do You Spa Day	50+	Monday, May 6 • 1pm-4pm	HSC	Free
Mothers, daughters, sisters, friends, it's your day! Enjoy manicures, pedicures, and back massages to feel good from head to toe. For more information call 727-1601.				

Tea in the Gardens	50+	Friday, May 17 • 11am-2pm	HSC	Free
Please join us for a fabulous tea! Bring a friend and share an afternoon filled with the flavor of tea and all the trimmings. This social offers those who have a love for this fine beverage to drink from fine china, to share good conversation and learn tea history and trivia. Feel free to wear your spring hats & gloves. Bring your own teacup and saucer. Refreshments served. For more information call 727-1601.				

Maximizing Your Medicare Benefits	50+	Tuesday, June 4 • 9:30am-10:30am	HSC	Free
This is an Informational session on Medicare. You will learn about benefits that you may not know about...!!! Light refreshments served.				

All White Senior Soiree	50+	Friday, June 21 • 5:30pm-8:30pm	HSC	\$5
Strut your stuff outfitted in all white. Musical entertainment along with dance groups and other great fun is planned for a glamorous afternoon. RSVP required by Friday, June 7. For more information call 727-1601.				

Red, Hot, Blue Day	50+	Saturday, July 13 • 11am-3pm	HSC	Free
Can you sing, play an instrument, dance, or even whistle? Then join us for this afternoon of fun. Enjoy picnic refreshments on the patio to follow. Bring a friend! Come and Have Fun! For more information call 727-1601.				

FITNESS

Walk Away the Pounds	50+	Mondays-Fridays• 9-10am	HSC	Free
Get fit fast in this complete total body walking program that gives you serious fat burning, muscle conditioning and stretching. This is a video-instructed program offered to the community at NO cost. We ask you to wear proper exercise attire and athletic shoes. For more information call 727-1601.				

Night Walkers	50+	Mondays & Wednesdays • 5-6pm	HSC	Free
Get in motion with this enjoyable exercise program designed for all ages who are young at heart. It is an extension of the morning daily Walk- Away the Pounds program with a twist. Exercise to the self directed video and then when scheduled a health and wellness professional will be on site to provide information and consultation about heath related topics. For more information call 727-1601.				

Bowling All Starzz	50+	Mondays • 1-2pm	HSC	\$3.60 for HPR Seniors
Enjoy the smoke-free atmosphere at Spare Times – this is not a league. Bowl for the fun and exercise. For more information call 727-1601.				

Seniorcise	50+	Mondays, Tuesdays & Thursdays • 11am-Noon	HSC	Free
Get off the couch and have FUN! Join us for a low impact chair exercise geared toward the active mature adult. Fun exercise, socialization, & increased range of motion! For more information call 727-1601.				

Zumba Gold	50+	Mondays & Fridays • 10am-11am	HSC	\$5
Zumba Gold is Low Impact, easy to follow, and a whole lot of FUN! For more information call 727-1601.				

SOCIAL

Poker	50+	Thursdays • 1-4pm	HSC	Free
Beginners and experienced players will enjoy this weekly afternoon of poker. There's no money involved, just chips with occasional prizes given for the player with the highest amount of chips. Come on out and try your luck! For more information call 727-1601.				

Pinochle	50+	Tuesdays & Fridays • Noon-4pm	HSC	Free
What a great way to spend an afternoon. Double-Deck Pinochle - put your skills to the test. This is on-going activity that's equal parts fun and strategy. For more information call 727-1601.				

Bingo!	50+	Tuesdays • Noon-2pm & Fridays 11am-1pm	HSC	Free
If you like the sounds of “B-9” or “G-41”, you're going to love our Tuesday afternoon Bingo! Players are asked to bring 3 inexpensive, new gifts (\$1 items are fine) for prizes. For more information call 727-1601.				

Bridge for Intermediate and Seasonal Players	50+	Tuesdays & Thursdays • 10am-2pm	HSC	Free
There's no such thing as too much bridge so intermediate and seasoned players will want to mark your calendars for these weekly games. We will provide coffee, tea and a fun atmosphere. For more information call 727-1601.				

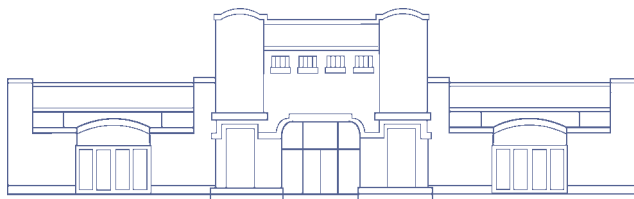
The American Theatre

The 25th Anniversary Season



**KEEP A LOOK OUT FOR OUR UPCOMING
CAMPS & CLASSES FOR CHILDREN!**

Please call for more information



757-722-2787
The American Theatre



757-727-1490
The Charles H. Taylor Arts Center

www.HamptonArts.net

PARKS & FACILITIES

AIR POWER PARK 726-0650

413 W. Mercury Boulevard
www.hampton.gov/parks/airpower

Visit this outdoor park and see the air power that played a vital part in America's early space exploration and aircraft testing. Outdoor exhibits open year-round, seven days a week. The indoor museum is NEW and open to the public, Monday-Friday, 8:30am-4:30pm. Free admission and parking.

BARK PARKS see page 11

BLUEBIRD GAP FARM see pages 14-15



BRIARFIELD PARK 850-5116

1560 Briarfield Road • Hampton, VA 23661

Softball players and fans come from surrounding areas to play at this regional athletic park. This 49-acre site plays host to many National Softball Association games and tournaments. The mild climate in Hampton allows this park to be used year round by sport and nature enthusiast. The park features four lighted softball fields, five lighted tennis courts, picnic shelters and a children's playground.

BUCKROE BEACH PARK 850-5134

100 1st Street South • Hampton, VA 23664

Buckroe Beach is a favorite of residents and visitors to Hampton. The 3/4 mile clean, uncrowded beach is perfect for a day of relaxation. The adjacent park provides picnic shelters with table & grills, a children's playground, a large stage pavilion for community events, festivals and ample open space. Kayak, paddle boats & umbrella rentals are available during the season and lifeguards are on duty 10am-6pm, Memorial Day to Labor Day. Interpretive programming available. No pets allowed in Park area from May 15 to Sept 15. For information on shelter rentals call 727-6348.

BUCKROE FISHING PIER see page 4

DARLING STADIUM 727-6348

4111 Victoria Blvd.
www.hampton.gov/parks/darling_stadium

The stadium is open for public jogging year-round 7am-3:30pm on Monday-Friday. All other paid events are scheduled in advance. This state of the art stadium is the host for football, soccer, track, and special events for the Hampton City School system.

EASON MEMORIAL PARK

The James M. Eason Memorial Park is a barrier free park located on Victoria Blvd. This park offers picnic shelters, a small children's playground and a relaxing walking trail.

FORT MONROE COMMUNITY CENTER 727-6831

100 Stilwell Rd • Fort Monroe

Features include, an indoor swimming pool with two slides, gymnasium, Craft room, game room, and large multipurpose room, overlooking Mill Creek, with attached commercial kitchen. We will be featuring bike rentals, and out door physical fitness bikes. Please call 727-6831 for room and facility rental prices.

GOSNOLD'S HOPE PARK 850-5116

This park is the destination point of many Hampton residents who come to enjoy the serenity of this 105 acre park. The park offers a variety of settings and amenities for families and individuals. Features include picnic shelters, campsites, a public boat ramp, BMX track, a fitness trail, athletic fields and a children's playground. The park is open year round from 7am to sunset.

HAMPTON AQUATIC CENTER 727-1123

300 Butler Farm Road
 (located behind the Teen Center building)

Features a 25-meter indoor pool. For hours & classes, see pages 8-9.

HAMPTON HISTORY MUSEUM 727-1610

120 Old Hampton Lane • Hampton, VA 23669
www.hampton.gov/history_museum

Hours: Monday-Saturday, 10am-5pm • Sunday, 1-5pm

Adults: \$5, Seniors, Active Military, Active NASA, Children ages 4-12, \$4; Under 4, Free; Groups (10 or more), \$3 each. Group tours can be arranged.



HAMPTON PARKS & RECREATION DEPARTMENT OFFICES 727-6348

22 Lincoln Street • Hampton, VA 23669
 Fax: 727-8313 • www.hampton.gov/parks

Athletics 727-8750
 Athletics Hotline 727-6251
 Mingee Drive Operations 825-4478
 Parks Operations 850-5116
 Picnic Equipment Rental 727-1601
 Picnic Shelter Reservations 727-6348
 Special Events Permits 727-6784
 Therapeutic Recreation Programs . . . 727-1601

HAMPTON SOCCER COMPLEX 726-8750

2421 Andrews Blvd. www.hampton.gov/parks/soccer_fields

The park is open daily 7am-sunset, including holidays. Hampton Soccer Fields feature four soccer fields and a parking lot. This site is used to support the city's soccer program and is used by local recreational leagues. Please call ahead to inquire about availability.

HAMPTON TEEN CENTER 766-1510

300 Butler Farm Road

Visit www.hamptonteenncenter.com for hours of operation, events and more information. Also see green area on page 31.

THE HAMPTON TENNIS CENTER see page 6

THE HAMPTONS GOLF COURSE see page 7

MILL POINT PARK 727-8311

100 Eaton Street
www.hampton.gov/parks/waterfront_and_feature_parks
 Hours: Open daily 7am-sunset

This 2-acre park features a 300 seat amphitheater and a picturesque view of the Hampton River. The park hosts a variety of special events such as musical entertainment and festivals, and the stage is ideal for weddings. For rental information call 727-6348.

NORTHAMPTON COMMUNITY CENTER 825-4805

1435-A Todds Lane
 (adjacent to Jefferson Davis Middle School)
 Fax: 825-4737 • Email: nhcc@hampton.gov
www.hampton.gov/parks/north_hampton_cc
 Hours: Monday - Thursday, 7-9pm • Friday, 7am-7pm
 Saturday, 9-4pm • Closed Sundays

This community center offers programs and classes for all age groups ranging from piano lessons to fitness programs. Special features include a games room, full service fitness center, function and meetings rooms (small-medium size groups) and a reception room ideal for larger group meetings, receptions, banquets, workshops and seminars. Four lighted tennis courts, two basketball courts, two baseball fields, football field, and ¼ mile track located on the property.

PARK SHELTER FEES

Aberdeen Neighborhood Park 1424 Aberdeen Rd.

Two Shelters free on a first-come, first-served basis

Bluebird Gap Farm

Shelters free on a first-come, first-served basis

Briarfield Park

\$50 Whole Day: Azalea
\$40 Whole Day:
Boxwood, Dogwood & Magnolia

Buckroe Park

\$100 Whole Day:
Lighthouse, Starfish & Sand Dollar

Eason Park

4005 Victoria Blvd.
Small Shelter free on first come, first-served basis

Gosnold's Hope Park

901 Little Back River Rd.
Cedar \$75 (+ \$5 electricity);
Elm \$50 (+ \$5 electricity)
& Redbud \$50
Black Gum & Locust \$50;
Cherry, Bayberry & Oak \$40

Mill Point Park

100 Eaton St.
\$250 Whole Day

Ridgway Park

85 E. Mercury Blvd.
Shelter free on first-come, first-served basis

Sandy Bottom Nature Park

\$40 Half Day/\$80 Whole Day
Lakeside Pavillion
\$25 Half Day/\$50 Whole Day
Parker Pavillion
\$20 Half Day/\$40 Whole Day
Individual Shelters

Y.H. Thomas Neighborhood Park

1300 Thomas St.
Shelter free on first-come, first-served basis

HAMPTON TEEN CENTER

**300 Butler Farm Road • Hampton, VA 23666
766-1510**

HOURS:

Monday – Thursday • 3-7pm
Friday • 3-10pm
Weekends – as needed

www.hamptonteencenter.com

Visit us on facebook

- Newly renovated just for teens ages 14-18 or students in high school.
- Basketball court (indoor and outdoor)
- Video gaming area (Xbox and Wii)
- Recording Studio
- Arcade games (ping pong, billiards, board games)
- Apple laptops and FREE wifi
- Youth board room
- Meeting spaces
- Hang out lounge with flat screen TV's
- Dance studio with full length mirror and sound system
- Athletic training and conditioning equipment (3 lane track with straight aways, cardio machines, weight machines, free weights, Mr. BOB)

TRANSPORTATION:

The Teen Center picks up students at the 4 Hampton High Schools (Bethel, Kecoughtan, Hampton and Phoebus) after school for \$.50/ride. All teens must make arrangements for a ride home from the Center.

MEMBERSHIP:

FREE to Hampton teens ages 14-18 or who attend high school. For students outside Hampton the fee is \$25/year.

NORTH PHOEBUS COMMUNITY CENTER 727-1160

249 W. Chamberlin Avenue
Fax: 727-1162 • Email: npcc@hampton.gov
Hours: Monday-Thursday, 9am-6pm, Friday 9am-7pm
and Saturday 10am-4pm • Closed Sundays

This neighborhood facility has a weight room, gymnasium, kitchen, teen room, game room, two basketball courts and a playground.

OLD HAMPTON COMMUNITY CENTER 727-1123

201 Lincoln Street
Fax: 727-1134 • Email: ohcc@hampton.gov
www.hampton.gov/parks/old_hampton_cc
Hours: Monday-Thursday, 8:30am-8pm
Friday, 8:30am-7pm • Saturday, 8am-4pm
Closed Sundays

Features a 25-meter indoor swimming pool, gymnasium, activity rooms, game room, three tennis courts, two outdoor basketball courts, multi-purpose room, kitchen, locker room and playground. See page 6 for aquatics hours & classes.

SANDY BOTTOM NATURE PARK..... see page 12-13

SENIOR CENTER 727-1601

3501 Kecoughtan Rd
Fax: 727-1145 • Email: hsc@hampton.gov
www.hampton.gov/parks/senior_center
“The place for positive aging”
Hours: Monday-Friday, 8:30am-4:30pm
Closed Saturday & Sunday

Programs for ages 55 and older. Features a game lounge, multi-purpose room, fitness area, and kitchen.

WEST HAMPTON COMMUNITY CENTER 896-4687

1638 Briarfield Road
Fax: 757 896-4606 • Email: whcc@hampton.gov
www.hampton.gov/parks/west_hampton_cc
Hours: Monday-Thursday, 6am-10pm • Friday, 6am-8pm
Saturday, 8am-5pm • Closed Sundays

This center features a 6,650 square foot gym, featuring a basketball court, 2 volleyball courts, and a perimeter walking path. Activities include league play, open basketball and volleyball, camps, clinics, and a walking club. A 2,200 square foot fitness room w/ free weights, machine weights and cardiovascular equipment. A multipurpose room for fitness, wellness, and enrichment activities. A community room for birthday parties, receptions, community meetings and classes. A jewel of WHCC is Hampton's first indoor climbing wall, a 9x9-meter rock surface wall, perfect for experienced climbers as well as first timers.

THE WOODLANDS GOLF COURSE..... see page 7

WOODLAND SKATEBOARD PARK

9 Woodland Road • Hampton, VA 23663
Open year-round. Sunrise to sunset only.
www.hampton.gov/parks under sports and fitness.

2013



Groovin' BY THE BAY

SUNDAYS • 6-9PM
BUCKROE BEACH

JUNE 16 ■ Slapwater
JUNE 23 ■ The Rhondels
JUNE 30 ■ Tidewater Drive
JULY 7 ■ TFC Band
JULY 14 ■ Coolin' Out
JULY 21 ■ Rare Mixx
JULY 28 ■ Kustom Made
AUGUST 4 ■ Strictly Bizzness

— FREE & OPEN TO THE PUBLIC —

Directions to Buckroe Beach: I-64 to Exit 268 continue on Mallory St. for 3-4 miles. Call 727-8311 for weather cancellations updates.



Hampton Bay Days

Catch the **Freaky Kon-Tiki** at Mill Point Park on August 17!

[rain date Aug. 18]



This Bay Days event kicks off earlier than the festival! www.baydays.com



MADAGASCAR 3: EUROPE'S MOST WANTED

JUNE 18 • Alex, Marty, Gloria and Melman are still fighting to get home to their beloved Big Apple. Their journey takes them through Europe where they find the perfect cover: a traveling circus, which they reinvent — Madagascar style.

PG 93 mins
Activities sponsored by HPR Wellness & Fitness

DIARY OF A WIMPY KID: DOG DAYS

JUNE 25 • School is out and Greg is ready for the days of summer, when all his plans go wrong. What on earth is he going to do



2013 POMOCO

FAMILY MOVIE SERIES

has **mooved** again to
Mill Point Park
in **Downtown Hampton**

[Mill Point Park • 100 Eaton Street]

Bring your friends, family, folding chairs, and blankets to the park on Tuesday nights this summer to enjoy free movies. Entertainment begins at 7pm, followed by our feature presentation at sunset.

FREE ADMISSION! | Food & Beverages Available for Purchase



CHASING MAVERICKS

JULY 30 • The inspirational true story of real life surfing phenom Jay Moriarty. When 15 year old Jay discovers that the mythic Mavericks surf break, one of the biggest waves on Earth, is not only real, but exists just miles from his Santa Cruz home, he enlists the help of local legend Frosty Hesson to train him to survive it. PG 116 mins
Activities sponsored by Hampton Board Shack

all summer? PG 94 mins
Activities sponsored by Hampton Public Libraries

HOTEL TRANSYLVANIA

JULY 2 • Dracula, who operates a high-end resort away from the human world, goes into overprotective mode when a boy discovers the resort and falls for the count's teen-aged daughter. PG 91 mins
Activities sponsored by Hampton History Museum

RISE OF THE GUARDIANS

JULY 9 • When an evil spirit known as Pitch lays

down the gauntlet to take over the world, the immortal Guardians must join forces for the first time to protect the hopes, beliefs, and imaginations of children all over the world. PG 97 mins
Activities sponsored by Hampton History Museum

PARENTAL GUIDANCE

JULY 16 • Artie and Diane agree to look after their three grandkids when their type-A helicopter parents need to leave town for work. Problems arise when the kids' 21st-

century behavior collides with Artie and Diane's old-school methods. PG 105 mins
Activities sponsored by Healthy Family Partnership

WRECK-IT RALPH

JULY 23 • A video game villain wants to be a hero and sets out to fulfill his dream, but his quest brings havoc to the whole arcade where he lives. PG 108 mins
Activities sponsored by HPR North Phoebus Community Center



www.hampton.gov/parks

For more information or weather cancellations updates, call 727-8311